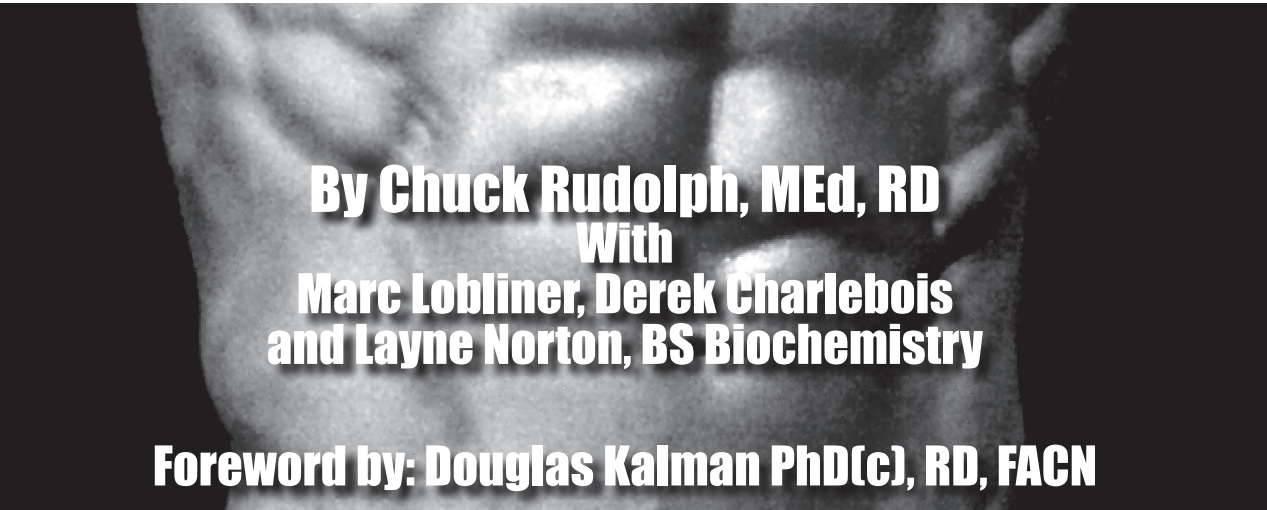




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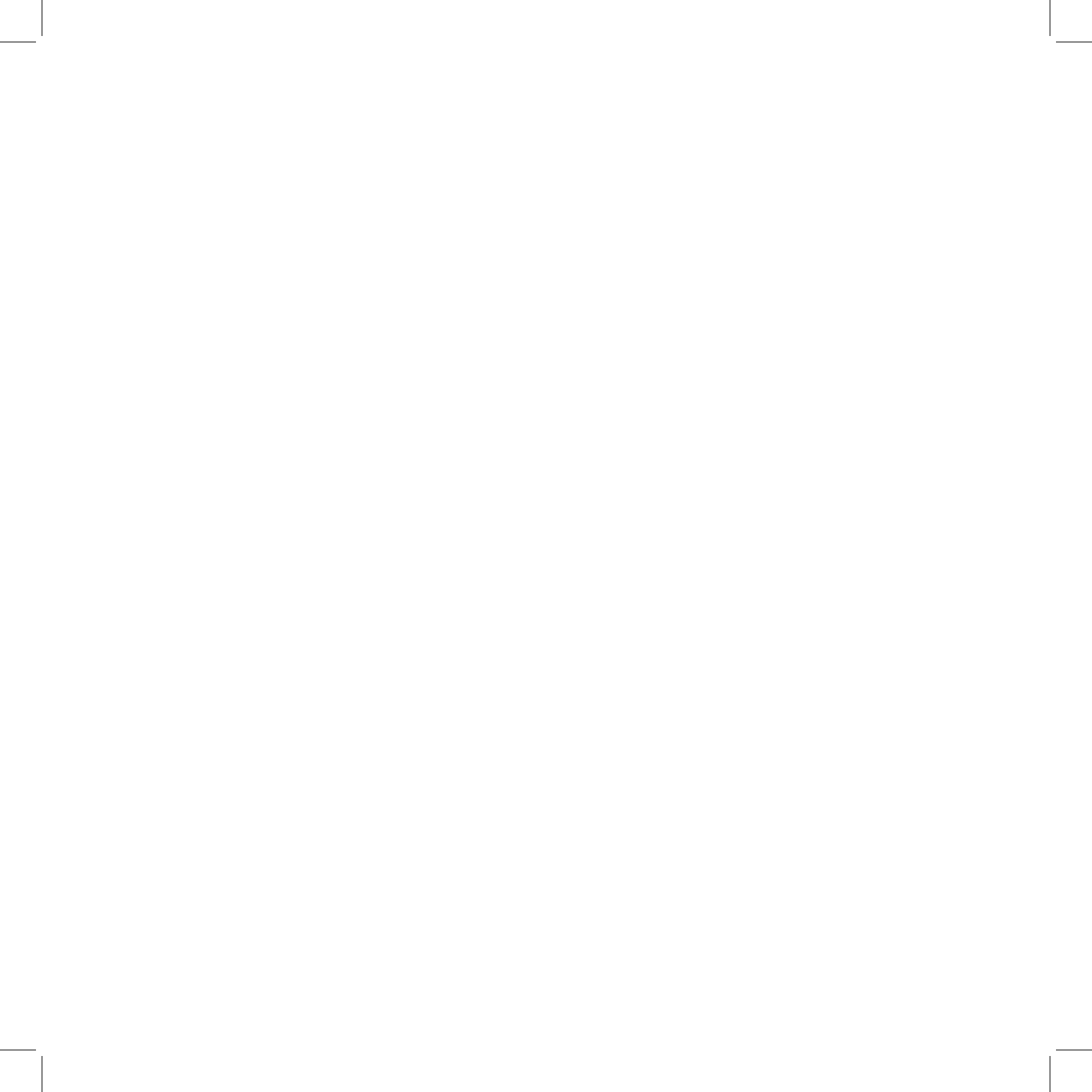
# **GAME OVER**

**THE FINAL SHOWTIME CUT DIET YOU'LL EVER NEED!**



**By Chuck Rudolph, MEd, RD**  
**With**  
**Marc Lobliner, Derek Charlebois**  
**and Layne Norton, BS Biochemistry**

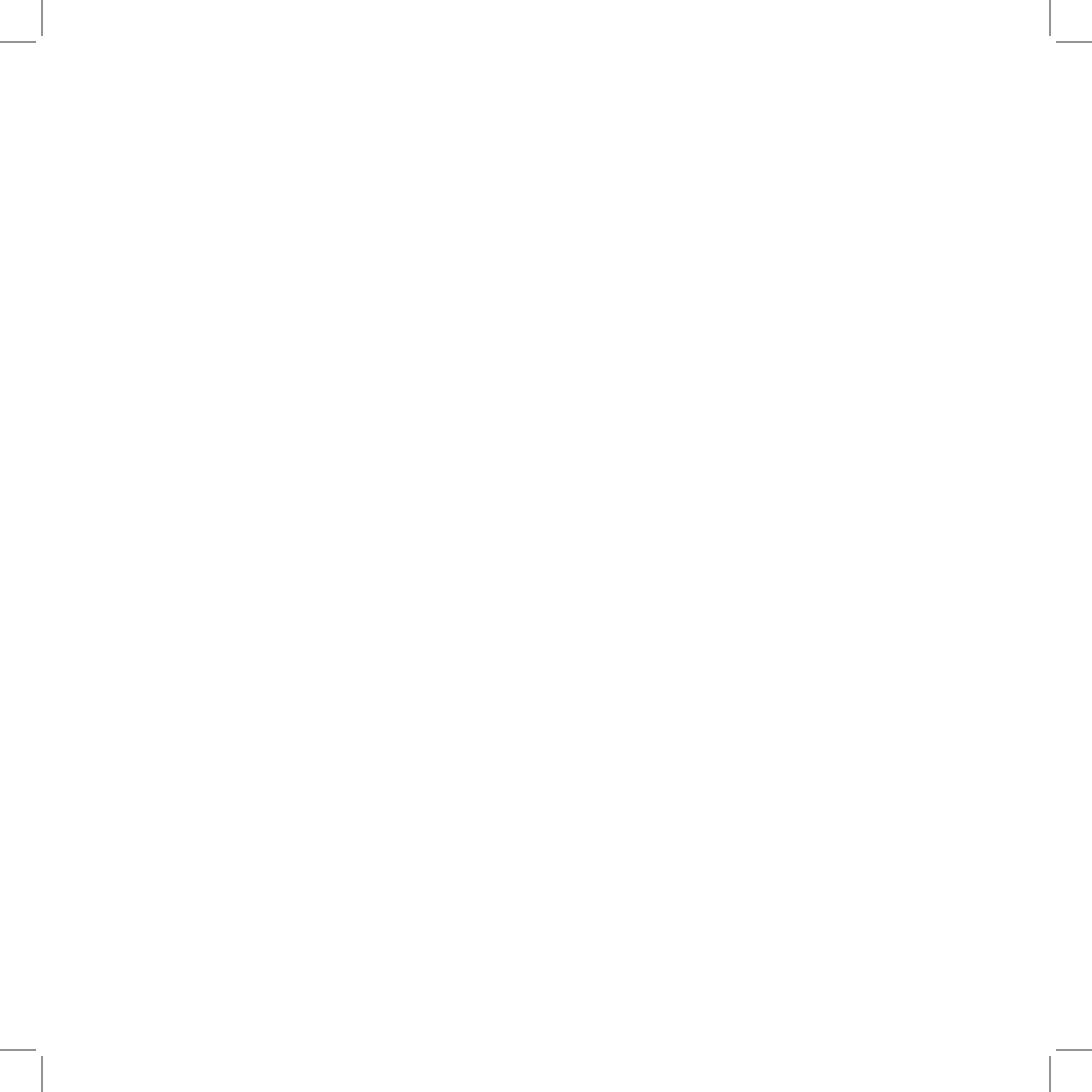
**Foreword by: Douglas Kalman PhD(c), RD, FACN**



**GAME OVER**  
**The *Final* Showtime Cut Diet You'll Ever Need!**  
**Volume 2**

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Foreword by: Doug Kalman, PhD(c), RD FACN



# SCIVATION

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From the Authors:

Chuck Rudolph, MEd, RD

Well, I must say how shocked I was that the CUT DIET book, *Game Over—The Final Showtime Cut Diet You’ll Ever Need*, was such an enormous hit. I knew it was going to be a challenge to place on paper my ideas and philosophies for putting someone on stage and have it relate to a vast number of people without the “personal touch”. My fear was that since everyone is so different; how can one diet work for everyone? Well, it just goes to show that it can work and with the online support at [www.scivation.com](http://www.scivation.com) as well as various message boards, it worked very well. The best part was all of the questions, comments, feedback and usage from our customers that allowed us to see where we could make this diet more efficient in a manual format to get competitors on stage, shredded and conditioned.

After putting the actual book to the test, as well as taking more detailed notes from my personal clients in response to what I do outside the book, we at Scivation were able to make adjustments and additions to make *Game Over Volume 2* and *YOUR RESULTS* even better. I personally would like to thank everyone that read the book and utilized its’ principles whether to get on stage or just to try it out to see how lean they can get. As I stated, the feedback from everyone was critical and very helpful making *Game Over Volume 2* even better.

## Marc Lobliner

Game Over—The Final Showtime Cut Diet You'll Ever Need, has been distributed to thousands of people worldwide. We have received countless letters offering praise for the condition this book helped them achieve. Not only did the Cut Diet help people look the best they've ever looked in their entire lives, but it also helped countless people improve their health and eating habits by promoting the use of healthy proteins, vegetables and fats and also demonstrating the proper use of insulin control in one's diet and challenging long-followed nutritional strategies like the inclusion of a carb-laden post workout shake even when one is dieting to lose fat!

This revision is not only the result of listening to our customers, but it is also the result of doing the diet ourselves. I used the Cut Diet to get ready for my first bodybuilding show and I dieted for 11 total weeks. In that time, I attained a condition good enough to earn a victory as a light-heavyweight in an NPC show. I did all of this while moving cross-country, working very long hours, and also being a family man to a wife and a young child. I was out to prove that anyone can get in stage-condition if they follow the proper diet, training and supplementation strategies outlined in this book regardless of how hectic life is, and I did just that.

So enjoy Volume 2. We took a great program and made it even better. Your body will thank us.

## Derek Charlebois

In order to get into competition condition one MUST adhere to a strict, well-structured diet. The main roadblock that keeps people from losing all the body fat they need to and getting on stage in their best condition ever is HUNGER. If you are constantly hungry you will be tempted to cheat on your diet, which will set your progress back. The diet outlined in Game Over is setup to control hunger by eating nutrient dense foods and maintaining stable insulin levels. In addition to these factors, the cyclic carb refeed is setup to give your body the carbs its needs at strategic times to keep your body in a fat burning mode without halting your progress. The Cut Diet is truly a wonderful program to lose body fat and improve your health.

One thing you will notice when you read the revised Game Over Volume 2 is that we scaled back the supplement section and recommendation. We felt that people were focusing too much on the supplements recommended and overlooking the priceless diet and training program detailed throughout the book. The Cut Diet is created to work without the use of dietary supplements, though supplements can help. Therefore, we have revised the supplement section to list what we feel are the most efficient supplements to use while preparing for your competition or losing body fat. The keys to the Cut Diet are the synergistic diet and training program and the supplements simply add to that synergism.

In addition, we have added new sections addressing issues or concerns that may arise as you prepare for your competition. We hope you enjoy Game Over Volume 2!

## Volume 2: Taking What Works and Making It Better!

As science and experience evolves, we take note. Game Over—The Final Showtime Cut Diet You'll Ever Need, has helped hundreds of people just like you get in the shape of their lives and even step onstage. It is a HIT so to speak.

But this diet was only used on maybe one hundred or so of Chuck's elite athletes and bodybuilders before the book came out. As more and more people tried it, we had the fortune to work with people on the Scivation.com message boards and also via personal contact to make the Cut Diet even more effective! Heck, Scivation President Marc Lobliner even prepped for an NPC show and WON his class using the diet, training and supplementation exactly as it was laid out in the book. And from this, we learned.

Game Over Volume 2 contains updates and a more efficient program for getting lean. This is the result of taking real-world feedback and letting a successful program evolve and become even better.

If you've tried the Cut Diet or have never tried the Cut Diet, give V2 a shot. We guarantee if followed as outlined that you will get your best body ever. Read on and follow for the body of your dreams....

## Foreword

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Douglas Kalman PhD(c), RD, FACN

We all want it, yes, many people in fact envy others that have it – can you guess what I am alluding to? That’s right, a fit body that is muscular, ripped and looks the part of a physique competitor. It is not that easy to just get in shape and look the part of a Men’s health cover model or even a body builder as featured in such great magazines as Muscular Development or Natural Body Building. However, there are sure-fire ways to make your genetics and lifestyle work for you.

If you decided to join a gym because you were first inspired by the physiques of Arnold, Ronnie Coleman, Milos Sarcev or various NFL players, than you are just like thousands of other people. Have you ever wondered what might be the difference between a body like Kevin Levrone’s and Steven Seagal’s? Besides genetics, there are two other factors – actually knowing what you do inside a gym and understanding how to fuel the fire of fat burning via smart eating. In other words, using the principles of the Cut Diet can lead you to a more toned, more fit and healthier appearance than if you just went to the gym and followed the general advice given to all trainers. You know what I am talking about, “eat many small meals per day”, “you must

advice is actually sound or good and this is EXACTLY where the Cut Diet and the core principles taught by “The Ripper” come into play.

If you are looking to sure up your physique, if you are looking to make that last leap from gym effort to fully looking the part, or if you are looking for physique improvement for your next contest, look no further, this book contains the Cut Diet principles to help you achieve your goals. There is nothing like this book currently out there and thankfully, after years of Chuck Rudolph helping countless clients achieve more, so can you. As a fellow sports nutritionist, I embrace and enjoy Chuck’s teachings – so should you. So, enjoy this book and let’s all stay “cut” and a step ahead of the others!

Sincerely,

Douglas S. Kalman PhD(c), RD, FACN

Adjunct Professor  
New York Chiropractic College  
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*"The body is not a textbook"*

# Table of Contents

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Chapter 1: Building Your Best Body Efficiently

Chapter 2: The Three Corners of the Results Pyramid  
-Diet, Training and Supplementation

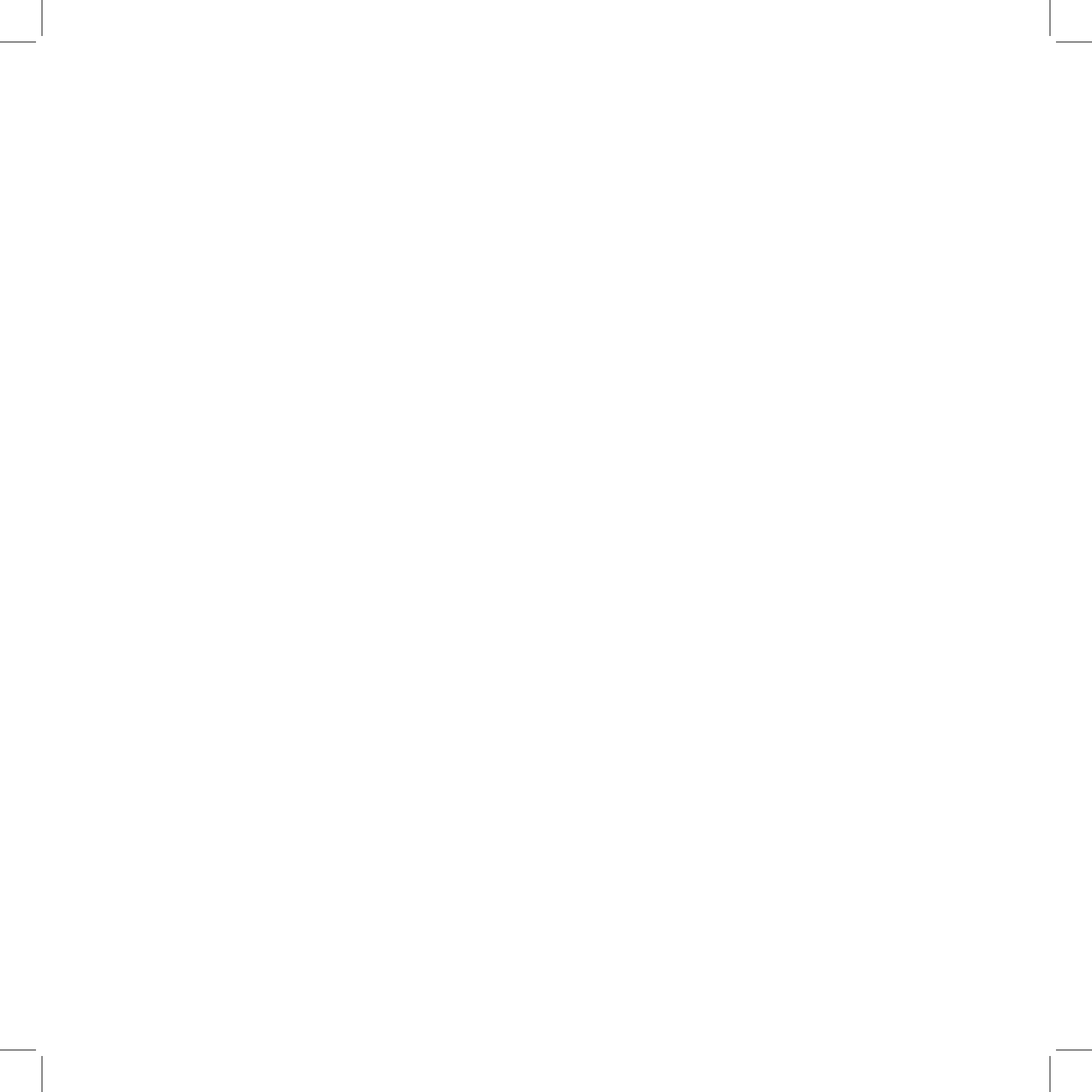
Chapter 3: Cut Diet Principles

Chapter 4: Cut Diet Training

Chapter 5: Essential Cut Diet Supplementation

Chapter 6: The Cut Diet

Chapter 7: Dialing it in for The Big Day  
-Chuck Rudolph Reveals His Secret Technique



# Chapter 1

## Building Your Best Body Efficiently

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### How I Found the Cut Diet

I was a division-one college baseball player (“D-1”) and what most would consider a top-level athlete. When I injured my elbow, I was a mess. I was living the easy life; drinking beer, eating fast food, and was quickly becoming, for lack of better terms, a fat mess. I knew this had to change because my family had a history of high blood pressure and diabetes. To get back into playing shape and rehab my elbow, I knew something had to be done.

I started to research nutrition thinking this could help me get back into playing shape in six months. At that time, I was doing volunteer work at a renal care center (a center for people with kidney disease) and a center for diabetics. All of this was volunteer work required on my resume to apply for Medical School. This is where the most fundamental part of how to diet became clear to me. There was a dietitian there who put patients on a meal plan with five to six meals per day. Some of these patients on insulin (Type I Diabetic) as well as not on insulin (Type II) were very lean and were obtaining these results with no exercise. Within 6-10 weeks, patients with controlled insulin levels would reduce their body fat

percentage and lose very little muscle mass or no muscle mass at all. I was amazed at these results. I thought, “What if I could eat this way and get back into shape?” I did just that. Then the thought occurred, “What if this response to balancing insulin levels via proper food intake could be duplicated in all healthy populations, athletes, exercise enthusiasts, and even bodybuilders?”

By eating small, frequent meals that are low in starchy carbohydrates and high in healthy fats and lean protein, you create adequate insulin release. By eating infrequent meals with high carbohydrates and loaded with calories, you cause a drastic insulin spike that results in excessive bodyfat storage and an insulin crash that halts fat loss. The goal is to balance insulin throughout the day and provide frequent, smaller meals to keep your metabolism revving because your body is like a furnace—if you don’t keep coal in it, it will stop burning.

At Scivation, we believe in high lean protein (2.0-3.2g/kg body weight), high healthy fats and low glycemic carbohydrates (mostly fibrous ones) with timed carbohydrate loads to keep your thyroid happy. The problem with eating all low carbohydrate all the time is that your thyroid responds to not only total calories, but also carbohydrates. When there are no or very low carbohydrates in the diet for too long of a period, the thyroid senses that the body is starving or dying and its natural response is to slow down your metabolic rate to preserve bodymass. Not only do the carbohydrate loads replenish glycogen to the muscle, they also keep your thyroid cranking and burning all day long.

When you eat fat with any meal, especially a meal containing carbohydrates, it will reduce the bolus size entry into the small intestine

signaling the pancreas to release an appropriate insulin concentration, not a major spike caused by carbohydrates and protein.

As trainers to many top athletes and physique competitors, we know what it takes to get someone ready for a show or a competition. The problem is that this method has only been available for the top-level bodybuilders and athletes that we consult with, until now.

If you're ready to make a change for the better and find out my proven strategies for gaining lean muscle and losing fat, read on. This just may be the book you have been waiting for...

10 Game Over

# Chapter 2

## The Three Corners of the Results Pyramid: Diet, Training and Supplementation

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### The Most Important Component—Synergy

We have all heard it before, “Diet is the most important thing.” From our experience, this is partially correct. You can do a lot with diet, but without adequate training with both resistance and cardiovascular training, you will be undermining your results. If you add in a proven, effectively dosed supplementation regime, you’ll be amazed at what these three components can do for you.

### The Big Hoax

“Lose 10 pounds in two weeks!” “Eat what you want and still lose weight!” We have all heard these promises, but yet over 60% of Americans are obese or overweight. What gives? The answer is that we’ve been lied to. As consumers and physique enthusiasts, we are always looking for the next big thing and hoping for the magic pill. Unfortunately, there is no magic pill. Yes, we believe in supplements and advocate their use. But for optimal results, the other two corners cannot be ignored!

12 Game Over

# Chapter 3

## Cut Diet Principles

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### **The History and Failure of Fad Diets**

*Low Carbohydrate, Low Fat, The Grapefruit Diet, The Liquid Diet.* Heck there are so many fad diets that have come and gone over the years that we have lost count. The one thing they all have in common is one word, “Fad”. These diets all come and go fast. However, people seem to lose weight on these diets. Then why do they fail?

Diet is about calories in and calories out first and foremost with macronutrient manipulation secondary. One thing we emphasize is controlling insulin. How do we do this? We keep protein and fat high with carbohydrates coming mainly from low glycemic index (GI) and fibrous sources. On the Cut Diet, every third day, we have a low GI carbohydrate and good fat refeed meal with no protein. A refeed is an influx of carbohydrates and overall calories above what you normally consume. This consists of the following and must be eaten in the following order:

1. Fibrous Vegetables (green beans, broccoli, spinach or asparagus) are eaten first to fill the stomach with fiber to reduce transit time of the carbohydrates coming you are about to consume.

2. Next, we consume a higher fiber complex carbohydrate, like oatmeal, along with raisins and honey (alkaline foods), and almonds as the fat source.
3. The final portion of the refeed is sweet potato (low GI, but easily digested and absorbed) and either almonds or peanut/almond butter. You might be thinking, “A carbohydrate and fat refeed meal? Are these guys crazy?”

As stated before, the problem with low carbohydrate diets is the fact that your thyroid does not operate optimally on reduced calories, let alone carbohydrates. This got us thinking, “What is the best way to infuse carbohydrates into the diet without spiking insulin too much and stalling fat loss?” Then it hit us...

### **Never Combine Carbohydrates and Protein**

The fact of the matter is, by utilizing this approach, the insulin spike is dramatically minimized and the carbohydrates will do what we want them to do, refill glycogen stores and support healthy thyroid function. When you combine fat and carbohydrates, the fat encapsulates the carbohydrates and slows down digestion, minimizing the insulin spike. When you combine protein and carbohydrates, it sends insulin skyrocketing and can lead to the last thing you want when dieting, fat storage!

We like to refeed with starchy, nutrient-dense carbohydrates and good fats with no protein every third day depending on caloric intake. This all depends on the bodytype of the individual. In our experience, 85-

90% of our clients see great results with this tactic. The reason for this is to get the body in a fat-burning state but not allow it to think it is starving. One problem we have with the low-carbohydrate phase is that a person's metabolic rate (especially thyroid) functions off of calories and carbohydrates. If you cut out carbohydrates all the way, the body begins to sense a state of starvation. This will slow down the metabolic rate as well as thyroid production and you then hit the wall, or a sticking point. What we like to do is incorporate good carbohydrates with good fats because it slows down digestion and supports healthy insulin output so there is optimal metabolism along with healthy calories and protein to preserve muscle tissue. Let's face it; muscle preservation is the key to fat burning. If we have a person that begins at 185 pounds and is 19-20% bodyfat and after 12-16 weeks is 165 pounds and at 15% bodyfat, then we are not too happy with the results. On the other hand, if that same person is 180 pounds at the end of 12-16 weeks and is 10-11% bodyfat, then we have succeeded.

## Good Fats

**Fat = STORED ENERGY.**

“Good Fats” AKA EFAs (Essential Fatty Acids) are mono- (MUFA) and polyunsaturated fatty acids (PUFA). They are “essential” because our body does not manufacture them, and they must be obtained through our diet on a daily basis for optimal health and well-being. All fats have the same amount of calories, but their chemical compositions vary. Fats

are made of chains of carbon and hydrogen atoms. The saturation refers to whether all the available positions on the carbon atoms are bonded to hydrogen atoms, or if there are any hydrogen atoms missing. The two “GOOD FATS” are:

### **1. Monounsaturated Fats**

These fats have one position missing a hydrogen atom, instead containing a double bond between carbon atoms. Monounsaturated fat is found in oils such as canola, olive, and peanut as well as most nuts and nut butters. This type of fat does not cause a rise in total cholesterol. In fact, science has indicated that individuals who substitute monounsaturated fat for saturated fat in their diet, actually shows a reduction in the bad cholesterol, and protects the good cholesterol (HDL) from decreasing.

### **2. Polyunsaturated Fats**

These fats have more than one position missing in the carbon chain, and contain more than one double bond as a result. Two major categories of polyunsaturated fats are Omega-3 and Omega-6 fatty acids. Omega-3 means there is a double bond in the third position from the end of the carbon chain. These fats are extremely healthful and have shown in clinical investigations to support cardiovascular/heart health, reduce total triglycerides and increase good cholesterol, produce hormone-like sub-

stances with anti-inflammatory benefits and promote optimal focus and concentration. The best sources of Omega-3s are fatty fish such as salmon, sardines, mackerel, herring, and rainbow trout and fish oil supplements high in DHA (docosahexaenoic acid). Canola oil, walnuts, and flaxseed also contain some Omega-3. Omega-6 fats have a double bond in the sixth position from the end of the carbon chain. These fats are found in oils such as corn, soybean, cottonseed, sunflower, and safflower.

### **Why are EFA's important?**

Our bodies must ingest a constant and balanced supply of EFA's. Essential Fatty Acids produce beneficial hormone-like compounds called eicosanoids that affect the function of virtually every system in the body. They also regulate pain and swelling, help maintain proper blood pressure and cholesterol levels, and promote fluidity in nerve transmission.

The most important Essential Fatty Acids are Eicosapentaenoic Acid (EPA), an omega-3 PUFA with 20 carbons and 5 double bonds synthesized from linolenic acid and Docosahexaenoic Acid (DHA), an omega-3 PUFA with 22 carbons and 6 double bonds synthesized from linolenic acid. They are the nutrients responsible for cell flexibility, nerve communications, mood support, and even body fat reduction. "Good" fats or Essential Fatty Acids, are the naturally-occurring, traditional fats that haven't been damaged by high heat, refining, processing or have been slightly tampered or not tampered with, such as 'partial hydrogenation'. The best of these kinds of fats are found in fish, nuts, avocados, seeds and various oils.

## **Dietary Fiber**

Fiber is a type of carbohydrate but cannot be digested by the human gut nor does it provide any energy of which to speak. Among its protective qualities, it helps soften stool and encourages normal eliminations (healthy bowel movements). Fiber rich diets also promote a feeling of fullness, which is very beneficial for those looking to drop a few excess pounds. Finally, fiber has been linked to a reduction in heart attacks, strokes, colon cancer and diabetes.

- Fibrous veggies we recommend are the green ones like broccoli, asparagus, spinach, green beans and lettuce.

## **Whole Food Versus Liquid Meals**

Thermogenesis is the state every individual who has ever dieted desires. How do we keep thermogenesis cranked to the fullest? Easy, keep feeding your body whole foods. Every time you eat a meal, your body has to burn calories to digest it. The more often you eat (to a point), the more thermogenic you are. So can you just drink a shake instead?

We recommend getting most of your meals from whole foods. Sometimes convenience forces us to rely on protein shakes. For this reason, we recommend a pure whey protein isolate that is easy to digest with a very high biological value such as Primaforce Substance WPI. Whey protein also has unique immune benefits not offered by whole foods.

## The Keys to Burning Fat all day long

### Calorie Control

Even though you will probably eat more on this diet than any diet you have ever used before, the biggest factor in a diet is calories in versus calories out with macronutrient manipulation. By keeping insulin under control, the Cut Diet will keep your appetite suppressed and your metabolism revving! The two major “secrets” to the Cut Diet are to control insulin and to maintain an alkaline state in the body. Below are some of the ways we accomplish this:

### Control insulin levels

- Eat five to eight meals per day: Large meals can create an enormous insulin spike, which can cause your body to store fat. Small meals create a much smaller, more controlled insulin release thus less fat storage and more fat loss.
- Never skip a meal: We don’t care if meal one was at the local buffet and you ate until you had to unbutton your pants. Do not skip your second meal! Keep the motor revving.
- Eat good fat with every meal, especially carbohydrate meals.
- Do not combine carbohydrates and protein alone, this elicits the highest insulin response. For example, a cup of oatmeal has a moderate insulin response but when you combine oatmeal with whey protein, you get a much higher response. If you do combine these, be sure to add a fat source.

## Keep it Base

We are talking about controlling the acidity of your meals. Why would we do this and why does it matter?

- Your body's pH level is slightly alkaline, with a normal range of 7.36 to 7.44. To maintain optimal health and results, you should attempt to keep your body in an alkaline state through diet. An imbalanced diet high in acidic foods can make your body acidic. This can deplete the body of alkaline minerals such as sodium, potassium, magnesium, and calcium, making you more prone to chronic and degenerative disease and potentially disrupting nutrient absorption.
- Add fat to your meals! For example, when you eat a meal like oatmeal and egg whites, you are eating a very acidic meal. But when you put raisins and almonds in your oatmeal and have some steamed vegetables with it, you are lowering the acidity of that meal dramatically. All of the Cut Diet meals keep this factor in mind.
- When you cannot add fat or vegetables to your meals, add two to five grams of L-Glutamine. This will lower the acidity of your meal to keep you in a more alkaline state.

## What are some Alkaline Foods?

### Vegetables

Asparagus  
Artichokes  
Cabbage  
Lettuce  
Onion  
Cauliflower  
Radish  
Watercress  
Spinach

Green Beans  
Celery  
Cucumber  
Broccoli

### Fruits

Avocado  
Grapefruit  
Banana  
Lemon

Tomato  
Watermelon (neutral)

### Nuts

Almonds  
Pumpkin  
Sunflower  
Sesame  
Flax

### Fats & Oils

Avocado  
Hemp  
Flax  
Olive  
Evening Primrose  
Borage

**General Guidelines:** Stick to salads, fresh vegetables and healthy nuts and oils. Try to consume at least two to three liters of clean, pure water daily.

## Grapefruit—The Great Fruit

We recommend obtaining your carbohydrates in every meal during the Cut Diet (not including the carbohydrate meal) from leafy green vegetables and grapefruit. Why grapefruit?

Grapefruit is loaded with naringin. The majority of caffeine and other alkaloids are metabolized by various enzymes such as CYP1A2, CYP2E1 and CYP3A4. However, naringin has been documented to inhibit CYP3A4 (as well as CYP1A2) activity in human liver. This means that naringin may increase the half life (extending the activity) of various

alkaloids, especially caffeine. Many fat burners utilize naringin for enhanced alkaloid effect. We got hooked on it 10-11 years ago in the Cut Diet and since then, we have never dealt with anything else. We will allow oranges if necessary but they do not contain as much naringin as grapefruit. So unless you cannot stomach them at all, eat your grapefruit! We recommend sprinkling a packet or two of Splenda® on them. In a recent study in La Jolla, CA, grapefruit consumption was found to be associated with a reduction in weight. Moreover, 2-hour post-glucose insulin levels were significantly reduced among subjects consuming half a grapefruit with each meal, as compared to a placebo.

### **Just Say “NO” to the Post Workout Insulin Spike**

Our opinion may upset people but here it is. We do not recommend a postworkout (PWO) shake when the activity is for physique purposes. We would rather provide aminos (Branch Chain Amino Acids (BCAA) and Whey Protein Isolate (WPI)) during the workout to help reduce muscle tissue catabolism and provide energy. If you do not have BCAAs and WPI during your workout/cardio training, then we recommend a WPI shake (protein only with no carbohydrates) PWO to get the body into an anabolic state. When you hop off that cardio machine postworkout, get home and eat your next meal around 30-45 minutes following your training session.

If you are a performance athlete (hockey, tennis, soccer, basketball, etc), then a PWO shake with carbohydrates and protein would be ideal to replenish glycogen stores and get the body recovered for the next

days training or event. This is irrelevant because a performance athlete would not be on a Cut Diet. The goal for this athlete is performance and the goal of the Cut Diet is physique. Therefore, a performance athlete may even get Carbohydrates during their workout depending on the intensity. Many people we do diets for are looking to reduce fat. Therefore, maintaining as much muscle tissue as possible in a lowered caloric state is our goal. In the Cut Diet, we control insulin to enhance fat loss and even our carbohydrate meal keeps insulin under control. Thus, the last thing we want on this diet is to spike insulin!

### **Here are some other keys to the Cut Diet:**

- 1. Drink Plenty of Water.** Try to drink eight glasses of water per day. Drinking water has many benefits and provides optimal hydration as well as a feeling of “fullness” without added calories.
- 2. Do not skip meals.** Skipping meals can drastically reduce your blood sugar levels and make you crave sweets later on.
- 3. YOU MUST EAT** to lose weight. Starving yourself may get you to lose a few quick pounds, but the repercussion of not eating and providing the body with essential nutrients will lead to an unhealthy lifestyle. When you do not eat, the body senses that there is no nutrition and its job now becomes to “Survive”. It will slow down your metabolic rate and begin to eat away lean muscle tissue. This makes it extremely difficult to lose body fat once you begin to eat again.
- 4. Choose fresh, wholesome foods.** Try to purchase fresh foods versus processed (packaged) foods. Packaged foods are loaded with preserva-

tives, especially sodium and saturated fats. You will be amazed at how fast you can lose fat just by packing meals from home rather than purchasing fast food or packaged foods. You also will save a lot of money!

### **BCAAs... the perfect dieting fuel?**

Layne Norton BS Biochemistry

In recent years BCAA supplementation has come back into 'vogue' in the bodybuilding and fitness community and with good reason; Branched Chain Amino Acids may have more research to support their use as a supplement than any other supplement available! While BCAA supplementation may be useful for gaining mass, I believe they are most useful for maintaining muscle mass while on a diet, especially for bodybuilding competitors who take their physiques to the extreme of leanness. Although getting shredded makes you look awesome onstage and on the beach... and with your opposite sex friend (or friends if you are that kind of guy/gal) it can also cause mucho loss of muscle mass.

Dieting is catabolic for several reasons. The leaner one's body gets, the more likely they are to lose muscle mass as the body will try harder and harder to hold onto body fat stores. In doing so, the body will turn to muscle to satisfy its energy needs. On the molecular level this occurs by the body increasing protein breakdown in order to liberate muscle amino acids for fuel. If this isn't bad enough it is compounded by the fact that levels of protein synthesis will also decrease due to re-

duced energy intake. Since the basic equation for muscle mass = (rate protein synthesis – rate of protein breakdown) you better believe this is bad news. When the rate of synthesis equals the rate of breakdown, there is no net loss or gain of muscle. If the rate of synthesis exceeds the rate of breakdown, there is a net gain of muscle. Conversely, when the rate of breakdown exceeds the rate of synthesis, there is a net loss of muscle mass. Therefore, during dieting you may be ‘burning the candle at both ends’ as breakdown is elevated and synthesis is reduced.

To compound the metabolic affects of dieting, there is also the workout factor to consider. As one becomes leaner and leaner, they also become more lethargic due to decreased energy intake and decreased glycogen storage. This causes workout intensity and strength to suffer. This may increase muscle loss by preventing the individual from lifting heavy loads with the sufficient intensity required to cause their body to adapt to the workout by increasing or maintaining lean mass. Essentially what your body ‘thinks’ if you start using lighter weights due to strength/intensity losses is, “Hey this load isn’t as heavy as I’m used to, I can use some of this muscle for energy since I don’t need it for lifting a heavy load.”

Thus far I have presented you with the 3-headed monster of muscle loss. So how does BCAA supplementation help prevent muscle loss? By attacking all 3 heads of this monster. It is well established that branched chain amino acids (particularly leucine) stimulate protein synthesis and can do so to a greater extend than a normal protein meal by itself. What is even more interesting is that BCAAs also increase synthesis of the cellular machinery responsible for carrying out the process of protein synthesis. So not only do BCAAs increase the RATE of protein synthesis but

they also increase the cell's CAPACITY for protein synthesis! BCAAs also work in your favor at the other end of the muscle gain equation by reducing the rate of protein breakdown. This is most accomplished by decreasing the activity of the components of the protein breakdown pathway and also by decreasing the expression (the amount of mRNA produced from the gene that codes for these components) of several complexes involved in protein breakdown. If we revisit our original balance equation for muscle mass, one can plainly see that increasing synthesis and decreasing breakdown will swing the pendulum far in favor of muscle gain/maintenance.

The positive effects of BCAA supplementation on protein breakdown & protein synthesis are not the only benefits to BCAA supplementation while on a cutting diet. BCAAs can also help improve workout focus. BCAAs compete with the amino acid Tryptophan for entry into the brain where Tryptophan can be converted to the neurotransmitter serotonin through a series of reactions. During exercise, serotonin levels rise and can (amongst other things) increase the perception of fatigue and cut workout intensity short. Supplementation with BCAAs reduces the amount of Tryptophan that enters the brain and therefore reduces the amount of serotonin that is produced, which may allow you to workout harder and longer.

Despite the numerous positive benefits to BCAA supplementation, there are many skeptics who suggest that BCAAs are overpriced and that one can just increase their consumption of whey protein which is rich

in BCAAs. Unfortunately this is not the case. The BCAAs in whey are peptide bound to other amino acids and must be liberated through digestion & absorbed into the bloodstream to exert their effects. Even though whey protein is relatively fast digesting, it still takes several hours for all the amino acids to be liberated & absorbed into the bloodstream. BCAAs in supplement form, however, are free form BCAAs and require no digestion and are therefore rapidly absorbed into the bloodstream, spiking blood amino acids to a much greater extent than peptide bound amino acids. Even a few grams of BCAAs will spike plasma levels of BCAAs to a much greater extent than a 30g dose of whey protein, impacting protein synthesis and protein degradation to a much greater degree. The reason a supplement has such a powerful effect on blood levels of BCAAs is that unlike other amino acids, BCAAs are not metabolized to a significant extent by the small intestine or the liver, therefore an oral supplement is more like a BCAA injection since it reaches the bloodstream so rapidly.

All of this information is all well and good, but what's the bottom line? The bottom line is that new studies have shown that supplementing with BCAAs (like leucine) increase muscle retention and maximize fat loss on a diet when compared to non-supplemented groups. That's the bottom line my friends, more muscle mass retained and a greater percentage of body fat lost. Forget other supplements that are long on promises but short on results, BCAAs deliver the goods!

## Determining Calories For The Cut Diet

For simplicity and a rough estimate, we have divided people into six different groups (these numbers are not scientifically proven, they are estimates we have gathered based on all weights and body types using our calorie calculator) based on if you are an Endomorph, Mesomorph or Ectomorph with high or low bodyfat.

High body fat (15%+) Endomorph = 28-31 calories/kg

High body fat (15%+) Mesomorph = 32-35 calories/kg

High body fat (15%+) Ectomorph = 36-40 calories/kg

Low body fat (14%-) Endomorph = 30-33 calories/kg

Low body fat (14%-) Mesomorph = 34-36 calories/kg

Low body fat (14%-) Ectomorph = 37-40 calories/kg

For example, a 180lb male at 22% body fat who is a mesomorph body type would equal:

$$180/2.2 = 81.819 \text{ Kg} \times 32-35 \text{ calories/kg} = \sim 2,600 - 2,900 \text{ calories}$$

This individual would opt to use the Cut Diet 2,500 or Cut Diet 3,000. To be more accurate, for example, if this individual were 15-17% bodyfat, then we would recommend starting closer to the 2,900 calories. However, if this person started at 22-24% bodyfat then we would rec-

ommend starting at the 2,500 calorie range. As you progress, gradually reduce total calories by 150-300 calories (strength and bodyfat reduction pending).

### **16 Weeks for Contest Shape?**

The Cut Diet is VERY effective for getting someone ready to step onstage. However, it has its limitations. To get stage ready, we recommend starting the 16 week Cut Diet at 12-13% bodyfat or less. If you are over 15% bodyfat, you might not be able to achieve stage-ready conditioning. The Cut Diet can help you lose fat exceptionally fast, yet is not likely to get you stage-ready in 16 weeks. Once you get to 12-13% bodyfat, this 16 week program will dial you in!

### **Carb Load at Night**

The preference to carb load at night time (with healthy fats and no protein) is to add carbohydrates back to replenish glycogen stores (from mild ketosis) and provide the body with an excess of calories to jolt its metabolism and keep the thyroid happy. We use fibrous veggies first to provide bulk in the gut and reduce transit time. The good fats along with low GI carbohydrates are provided to add calories, glycogen replenishment and a controlled insulin release. We do not use any protein with the carbohydrate meals because we do not want an additional, possibly uncontrolled, insulin spike that is seen when carbohydrates and proteins are eaten together. This may appear old school, but we have added a new school twist.

## **No Water With The Carb Load!**

We recommend drinking four to six ounces of water 60 minutes prior to the carbohydrate meal and then consume four to six ounces 45-60 minutes after the last bite of the carbohydrate meal. Even though you are consuming low GI carbs, these have a tendency to draw water to the abdomen. Any excess water intake during the meal may result in unwanted bloating or feeling of fullness before the meal is complete. Since you are consuming a major influx of total calories from nutrient dense food sources, we want to make sure you get all of this meal in.

## **What to Expect on the Cut Diet**

Once the Cut Diet begins, your body will go through some changes and adaptations. Please note these changes are normal and they will go away. Initially, you may feel weak in the gym, low energy, possible headaches, irritability and weight loss. **DO NOT FREAK.** The symptoms will last about one to two weeks and they do not happen to everyone. Your strength, energy, pumps and fat loss will start to kick-in between week four to six.

The first two to three carbohydrate loads can be difficult to handle. First, the amount of food is large and the stomach may have problems adjusting. This is normal. Also, you may get light-headed, woozy, dizzy and tired after the meal and even the next day. The day after this meal, you may experience gas, bloating and water retention the first two to three carbohydrate loads. One way to help avoid this is to take your time eating

this meal. Make it last a minimum of 30 minutes and no longer than 45. Also, be sure that you do not lie down to bed within 45-60 minutes of the last bite.

### **The Calories Don't Add Up!**

We don't count every calorie in the Cut Diet or any other diet we design. Instead of counting every calorie, we focus on serving sizes based on the amounts/measurements we provide. This method began with the use of the diabetic exchange list which only counts servings rather than every calorie. Over our years and use of a very sophisticated food processor system, we have made the serving sizes to account for total calories that we believe to be most optimal and very well balanced. Unless you are wearing a monitor that can tell you every calorie you burn every minute of the day, we find it unnecessary to count every calorie from every food item. What if you have more stress on one day than on the next? What if you are mildly sick or have cold?

We think you may actually burn calories just trying to calculate them all from every darn piece of food which is a waste of time in our opinion. The Cut Diet provides grams per servings. The general rule of thumb is one carbohydrate serving is 15 grams of carbohydrates, one fat serving is five grams of fat and one protein serving is seven grams of protein. With this simple format, you can make different meals on the Cut Diet by simply sticking to the amounts allowed in our food options section. This will also allow you to match up the recommended grams of carbohydrates, fat and protein per meal as indicated.

## When to Lower Calories and Where From

As we have mentioned, optimal dieting is about calories in versus calories out with macronutrient manipulation as well as a major focus on insulin control through diet. Initial caloric intake when starting the Cut Diet all depends on where the individual starts. Ideally, we want to start the calories on the highest side to maintain current “scale weight” with the goal in mind to preserve/build lean body mass (LBM) and burn fat. However, a person that starts a Cut Diet at higher body fat percentage (>15%) will have lower calories than what our formula would estimate based on activity to maintain (starting body fat < 15%) current weight. The idea is to provide the calories but manipulate the macronutrients (carbohydrates, fat and protein) to keep the current “scale weight” yet reduce body fat. As with all diets, you will encounter stick points. Stick points are when you do not notice changes over a week’s time. Meaning that you do not see the scale lowering (as previous weeks) and/or bodyfat percentage is not lowering and/or definition is not appearing more noticeable. When these arise, calories need to be reduced or low intensity cardio increased. We prefer starting with a five to ten minute increase in cardio until 45 minutes is reached. That is the max time on any cardio machine with your heart rate (HR) at 130-150 beats per minute (BPM).

Once the next stick point occurs, we remove the grapefruit later in the day along with 15 grams of vegetables (1/2 cup = five grams of carbohydrates from veggies) and ten grams of fat (one oz avocado, two tsp peanut butter and six almonds = five grams of fat).

As for the carbohydrate meal, we will take out five grams fat

and 15 grams of carbohydrates (first to be removed is the honey). As each stick point is reached, we try to reduce 160-220 calories from the main daily diet and then 50-100 calories from carbohydrate meal. This is tricky, but it works. You just have to listen to your body and understand what it needs. It will always need nutrients. A general rule of thumb (although not indicative for everyone's "Stick Point") is that every 2-3 weeks your daily caloric intake should be cut by ~200 calories and the Carb Meal should be cut by ~50-75 calories so that by four weeks out from the show day you are approximately 35-45% lower from your starting calories. For instance, if you start on the CUT DIET 2500 calorie plan, you should be talking in ~ 1375 - 1625 calories per day and your Carb Meal should be ~ 480 calories - 570 calories. PLEASE NOTE: This is a GENERAL RULE and that everybody responds somewhat different.

## Vitamins – What They Do and Where to Get Them

<b>Mineral</b>	<b>DRI*</b>	<b>Major Food Sources</b>	<b>Function in the Body</b>
Calcium	1300 mg	Milk, Cheese, Yogurt, Corn Tortillas, Egg Yolks, Dark-Green Vegetables, Cauliflower	Essential role in blood clotting, muscle contraction, nerve transmission and bone and tooth formation
Magnesium	420 mg	Milk, Yogurt, Green Leafy Vegetables, Whole Grain Products, Nuts, Meat	Supports protein synthesis, smooth muscle contraction, and bone health
Phosphorus	1250 mg	All Meat, Milk, Cheese, Eggs, Whole Grain Products	Promotes bone formation, pH maintenance, cell membrane structure, B vitamin activation
Iron	18 mg	Meat, Fish, Poultry, Shellfish, (Oysters) Whole Grain, Green Leafy Vegetables, Dried Beans, Broccoli, Raisins	Formation of Hemoglobin and Myoglobin, electron transfer and essential in oxidative process
Iodine	150 mcg	Iodized Salts, Seafood, Vegetables	Assists in formation of thyroid hormones
Selenium	55 mcg	Meat, Fish, Poultry, Seafood, Whole Grains, Nuts	Cofactor of glutathione peroxidase and antioxidant enzymes

Zinc	11 mg	Meat, Fish, Poultry, Shellfish (Oysters), Dairy Products, Whole Grain Products, Vegetables, Asparagus, Spinach	Cofactor of many enzymes involved in energy metabolism, protein synthesis, immune health, sexual maturation, sensations of taste and smell
Copper	1.0 mg	Meat, Fish, Poultry, Shellfish, Nuts, Eggs, Bran Cereals, Avocados, Broccoli, Bananas	Proper use of iron and hemoglobin, metalloenzyme involved in connective tissue formation and oxidation
Manganese	2.3 mg	Whole Grain Products, Dried Beans and Peas, Leafy Vegetables, Bananas	Supports many enzymes involved in energy metabolism, bone formation, fat synthesis
Chromium	35 mcg	Meats, Oysters, Cheese, Whole Grain Products	Enhances insulin function as glucose tolerance factor
Molybdenum	45 mcg	Whole Grain Products, Dried Beans and Peas	Works with riboflavin in enzymes involved in carbohydrate and fat metabolism
Sodium	2400 mg	Processed Foods, Table Salt, Dairy, soups	Nerve impulse conduction, muscle contraction, acid base balance and blood volume homeostasis - inside cell
Potassium	3500 mg	Banana, Orange, Baked Potato, yogurt	Nerve impulse conduction, muscle contraction, acid Base balance and blood volume homeostasis - inside cell

\*The Dietary Reference Intakes (DRI) are the most recent set of dietary recommendations established by the Food and Nutrition Board of the Institute of Medicine, 1997-2001. They replace previous RDAs and may be the basis for eventually updating the RDIs. The value shown here is the highest DRI for each nutrient. - Council for Responsible Nutrition, 2001

### Fat-Soluble Vitamins

<b>Vitamin</b>	<b>DRI*</b>	<b>Major Food Sources</b>	<b>Function in the Body</b>
Vitamin A	3000 IU	Whole Milk, Fortified Milk, Cheese, Carrots, Green Leafy Vegetables Sweet Potatoes, Fortified Vegetable Oils	Maintains skin tissue and mucous membranes, supports night vision and bone health
Vitamin D	600 IU	Vitamin D Fortified Foods Like Dairy Products, Fish Oils, Action of Sun Light	Acts as a hormone to increase intestinal absorption of calcium, supports bone and teeth health
Vitamin E	22 IU	Vegetable Oils, Green Leafy Vegetables, Wheat Germ, Whole Grain Products, Egg Yolks	Powerful antioxidant to protect cell membranes
Vitamin K	120 mcg	Eggs, Spinach, Cauliflower	Essential for blood coagulation

## Water-Soluble Vitamins

<b>Vitamin</b>	<b>DRI*</b>	<b>Major Food Sources</b>	<b>Function in the Body</b>
Thiamin (B1)	1.2 mg	Ham, Pork, Lean Meat, Whole Grain Products, Fortified Breads and Cereals, Legumes	A Coenzyme (CE) for energy production from carbohydrates essential for normal CNS functioning
Riboflavin (B2)	1.3 mg	Milk and Dairy Products, Meat, Fortified Grain Products, Green Leafy and fats, Vegetables, Beans	A (CE) for energy production from carbohydrates maintains healthy skin
Niacin	16 mg	Lean Meats, Fish, Poultry, Whole Grain Products, Beans, Also Formed in the Body from Tryptophan	A (CE) for the aerobic and anaerobic production of energy from carbohydrates, helps synthesize fat and blocks release of Free Fatty Acids, supports healthy skin
Vitamin B6	1.7 mg	Lean Meats, Fish, Poultry, Legumes, Green Leafy Vegetables	Protein metabolism, formation of hemoglobin/red blood cells
Vitamin B12	2.4 mcg	Animal Foods Only, Meat, Fish, Poultry, Milk, Eggs	Formation of DNA, Red Blood Cell and maintain nerve tissue

## Water-Soluble Vitamins

<b>Vitamin</b>	<b>DRI*</b>	<b>Major Food Sources</b>	<b>Function in the Body</b>
Folic Acid	400 mcg	Green Leafy Vegetables, Legumes, Nuts	A (CE) for formation of DNA, RBC development
Biotin	30 mcg	Meats, Legumes, Milk, Yolks, Whole Grain, Most Vegetables	A (CE) for metabolism of carbs, fats and proteins
Pantothenic Acid	5 mg	Lean Meats, Milk, Eggs, Legumes, Whole Grain Products, Most Vegetables	Functions as part of coenzyme A in energy metabolism
Vitamin C	90 mg	Citrus, Green Leafy Veggies, Broccoli, Strawberries, Potatoes	Forms collagen-essential for connective tissue development supports iron absorption, antioxidant
Choline	550 mg	Milk, Eggs, Peanuts	Precursor for acetylcholine, phospholipids and betaine

\*The Dietary Reference Intakes (DRI) are the most recent set of dietary recommendations established by the Food and Nutrition Board of the Institute of Medicine, 1997-2001. They replace previous RDAs and may be the basis for eventually updating the RDIs. The value shown here is the highest DRI for each nutrient. - Council for Responsible Nutrition, 2001

## **Can Women Follow the Cut Diet?**

Absolutely! The Cut Diet has helped many female figure and fitness competitors step on stage in their best condition ever and has also helped some achieve pro card status. All components of the Cut Diet, from the exercise recommendations to the supplement recommendations, are safe and very effective for women.

40 Game Over

# 4

## Chapter

### Cut Diet Training

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#### QUICK and EASY Exercise Tips

- 1. See your doctor before starting any new exercise program.** It is always beneficial to get a physical before starting any new exercise program. You can learn a lot from a simple physical especially what you need to work on both through nutrition and exercise.
- 2. Drink plenty of water before, during and after exercising.** Maintaining healthy hydration supports energy levels, increases endurance, prevents cramping and potential injuries and increases fat loss.
- 3. Make an exercise plan.** Sit down and make a realistic plan as to what exercises you want to do and what days and what time of the day the workout will mesh with your schedule.
- 4. Set daily and weekly goals.** Long term goals are great to reach for, but sometimes get lost in the shuffle and we tend to ask, “Why am I working so hard,” if the ultimate goal is so far away. Take “Baby Steps” and set daily goals, then stretch it out to weekly goals. Before you know it,

you will be at your ultimate long term goal.

- 5. NEVER OVEREXERCISE!** Use common sense and avoid trying to do too much too soon. The key to a successful exercise program is “Little and Frequent.” Exercising should not be a temporary thing, make it a lifestyle decision.

### **DiETING and Strength—Will it all go away?**

In the first couple weeks on the Cut Diet, you might feel like you’re losing strength until your body adjusts. That is perfectly normal. As time goes on, your body will adjust to the lower carbohydrate intake and by using Glutamine and healthy fats in your diet, you will find that you have more energy than before!

### **Training Versus Overtraining**

When we tell people to perform cardio after weight training, they sometimes say, “That means I’ll be in the gym for two hours!” We usually recommend between 20-35 minutes of low intensity cardio post workout. What are these guys doing training for two hours? Weight training should take 30-45 minutes max. It is easy to overtrain, and we want to prevent that by getting in, training, and then getting out. Also, who wants to spend all day in the gym?

*Note: Our Training System is outlined later in this chapter.*

## **Cardio--Low Intensity Versus HIIT**

The key to dieting is to preserve or even gain lean mass while dropping bodyfat. In our opinion, High Intensity Interval Training (HIIT) used on a dieting individual while weight training and on reduced calories will lead to one thing, muscle loss. We do not want this. We utilize cardio not only for calorie burning, but also for nutrient absorption and oxygenation of the muscles. Think about it, as your heart beats and blood flows throughout your body, the nutrients are being delivered to you muscles at an accelerated rate, thereby promoting recovery and fat-loss!

## **HIIT Cardio -- When and How to Add It**

Despite what the previous section states, there is a time and a place for HIIT on the Cut Diet. We know that the leaner one gets as the contest approaches, the harder it is to burn that final body fat. What we like to do is add in 1-2 days of HIIT to help get rid of that last bit of fat. After doing our LI cardio for the beginning 10-12 weeks, which works great with our high fat/low carb diet, the final 4-6 weeks may call for some HIIT. HIIT is very beneficial in post workout fat oxidation. We do not recommend HIIT on a weight training day since the effects are similar to weight training, but on a non-workout day during the last 4-6 weeks, we strongly feel that HIIT will optimize fat burning.

During HIIT, consume your Workout Nutrition as if you were weight training. HIIT can be done on non-workout days as well as in the evening or Morning on shoulder day, allowing for two days per week the

last four to six weeks for HIIT. On the non-workout day, the HIIT can be very intense. The breakdown will be: Five minute warm up, 30 minutes of HIIT, then 5 minutes cool down. On shoulder day, HIIT should be either performed in the morning (then weights at night) or weights in the morning (HIIT at night). Please note on shoulder day and especially during the final four to six weeks that we recommend Workout Nutrition for weights as well as HIIT sessions. Also, on shoulder days with HIIT implemented, the HIIT can be reduced to 5 minutes for warm up, 20 minutes HIIT, and 5 minutes cool down. To enhance the fat burning effects, we recommend continuing the postworkout LI cardio and just add in the HIIT at a different time during the day.

### **Warming up with Cardio**

There are some instances when cardio before weights is acceptable. If your diet is in check (which it will be if you follow the Cut Diet) and you consume your Xtend and Substance WPI cocktail pre, during and post training, your energy levels and power output will be fine. For example, some people do cardio before weights because there is no way they would be able to do cardio after weight training. Also, since they might train first thing in the morning, this helps to warm up aging joints to avoid injury.

### **Form Over Ego!**

We cannot stress enough how important it is to maintain strict

form on all movements. This means stabilizing your body and contracting your abs so you isolate the primary intended muscles. For example, when doing a standing barbell curl, tighten your abs and do not rock or swing the weight. By tightening your abs, you stabilize your body and prevent momentum. This will also help condition your abs and save your lower back.

### **Rest, Don't Nap, Between Sets**

We recommend 60-120 seconds of rest periods between sets. This allows your body to recover some of its expended ATP but is not so long that you lose the flow of the workout. Remember, the goal is to get in and out of the weight room in 30-45 minutes.

### **Compound Movements – Kill 2 Birds**

We like to begin the workout with compound movements, or free weight exercises targeting more than one muscle group. This is why we recommend Bench Press (chest, shoulders, triceps), Rows (back, biceps, forearms) and the daddy of them all, Squats (entire body).

### **No Pre-Workout Shake?**

On the Cut Diet with your pre, during and post-workout Xtend and Substance WPI cocktail, you do not need a pre workout shake or a special pre-workout meal other than the recommended handful of cap-

sules that provide antioxidants, stimulants, nootropics, etc. that you will find in our recommended Cut Diet supplement plan. You simply need to train 60-90 minutes after one of your scheduled meals. What if you train first thing in the morning? Simply start sipping your Xtend and Substance WPI cocktail 15 minutes prior to your workout and continue sipping throughout your weight training and cardio. This is all you need!

If you do not have Xtend, you can sip on Whey Protein Isolate during training and then consume one to two scoops (40 grams) of Whey Protein Isolate immediately post workout. Eat your next scheduled meal 30-45 minutes after your workout.

### **When do I eat for training?**

We recommend eating first thing in the morning to get the body cranking. Breakfast is the most important meal of the day. Get up, wash your face, go to the bathroom and start making breakfast. Every meal thereafter should be two to three hours apart. So if you get up at 5am then your meals will look like this:

5:30am Breakfast  
8:00am Meal 2  
11:00am Meal 3  
1:30pm Meal 4  
4:30pm Meal 5  
7:00pm Meal 6  
9:30pm Meal 7  
Bed around 10:30-11pm

As for scheduling training, we recommend planning your meals so that one of your meals is 60-90 minutes before you workout (**PRE-WORKOUT MEAL**) and then the next meal in line is 45-60 min after the workout. This is assuming that you have your Xtend/Substance WPI cocktail during training. If you do not have Xtend/Substance WPI during training, then we recommend a PWO shake of whey protein isolate/ whey protein concentrate immediately following your workout. Then within 60-75 minutes, eat your next scheduled meal.

### **Example of morning 6 AM workout:**

#### *Six Meal Plan*

4:45AM Breakfast

6-7:30 Workout

9:30 Meal 2

12:30 Meal 3

3:30 Meal 4

6:30 Meal 5

9:30 Meal 6

Bed around 10:30-11 PM

#### *Seven Meal Plan*

4:45AM Breakfast

6-7:30 Workout

8:00 Meal 2

11:00 Meal 3

1:30 Meal 4

4:30Meal 5

7:00 Meal 6

9:30 Meal 7

Bed around 10:30-11 PM

*Eight Meal Plan*  
4:45AM Breakfast  
6-7:30am Workout  
8:00am Meal 2  
10:30am Meal 3  
1:00pm Meal 4  
3:00pm Meal 5  
5:30pm Meal 6  
7:30pm Meal  
9:30pm Meal 8  
Bed around 10:30-11 PM

**Example of evening 6 PM workout:**

*Six Meal Plan*  
7:00 Breakfast  
10:00 Meal 2  
1:00 Meal 3  
4:30 Meal 4  
6-7:30 Workout  
8:30 Meal 5  
10-10:30 Meal 6  
Bed around 11:30-12 PM

*Seven Meal Plan*  
6:30 Breakfast  
9:00 Meal 2  
11:30 Meal 3  
2:00 Meal 4  
4:30 Meal 5

48 Game Over

6-7:30 Workout  
8:00 Meal 6  
10:00 – 10:30 Meal 7  
Bed around 11:30-12 PM

*Eight Meal Plan*

5:30am Breakfast  
7:30am Meal 2  
9:30am Meal 3  
11:30am Meal 4  
1:30pm Meal 5  
4-4:30pm Meal 6  
6-7:30pm Workout  
8:00 Meal 7  
10:00 – 10:30pm Meal 8  
Bed around 11:30-12pm

As we have stated, the goal is to continually fuel the body and allow it to recover. We hear constant debate over what the best pre and post workout options are and frankly, we like to give the body what it needs during training; ample amino acids with an abundance of BCAAs, Glutamine and the proven performance enhancer, Citrulline Malate. This is why we formulated Xtend. No Xtend? Don't worry, just take Whey Protein Isolate post workout. Remember, it is not the pre-workout meal that fuels your workout; it is the many meals the days prior that fuel your training and recovery.

## **What if I Miss a Workout?**

If you miss a workout, simply work your schedule so you get back on track. Do not skip a workout! This program is based on training each muscle group as prescribed for optimal results. For example, if you miss an arm workout on Friday, simply train arms on Saturday then train your shoulders on Sunday. You will then be on track and ready to go on Monday!

## **Strength Versus Bodybuilding**

If you are a strength athlete or a performance athlete, you need movements performed in training to translate to your sport. Bodybuilding is about growing deeply defined, etched muscle, not performance. We know that you must condition a muscle, strengthen it and then build it. This process takes time. However, the body also adapts very well. We recommend a 15-16 week training program (split routine hitting each body part once per week and allowing recovery, which is highly notarized by bodybuilders) that will condition, strengthen and build your muscles while on the Cut Diet. It is known in the Exercise Science realm that repetitions lower than five are designed solely for strength and power. Muscle growth (hypertrophy) is found in the 8-12 rep range. These are the two extremes. Meaning that if, hypothetically, 100% of strength is found in reps five or below and 100% growth is found in reps 10-12, then it's safe to say that strength and growth can be attained (not 100% of each) at reps 6-10. This is our focus. We divide the routine into four week categories:

Week 1: Conditioning  
Week 2: Growth/Strength  
Week 3: Strength/Growth  
Week 4: SHOWTIME.

### **Weeks 1-4: Conditioning**

During the Conditioning weeks, our rep ranges are 12-15 and we perform three to four sets for all upper body and lower body work. The goal is to adjust the weight (increase the load (weight) as the volume (reps) decreases) to get 12-15 reps on every exercise. Rest 60 seconds between sets.

#### **Week 1**

The goal is to handle a weight and rep range that allows for completion of 15 reps for three to four sets.

#### **Week 2**

The goal is increase the weight but drop the reps to 12.

#### **Week 3**

The goal is to increase the weight and increase the reps to 15.

#### **Week 4**

The goal is to increase the weight again, but drop the reps back to 12. By varying our weight and reps we essentially are tricking our bodies into get-

ting major results that are not capable from old training regimes. We are promoting a new type of athlete that is in control of his body and whose training allows for complete development of muscle density, tone, definition, symmetry, and superior strength

### **Weeks 5-8: Growth/Strength**

During the Growth/Strength weeks, our rep ranges are six to ten and five to six sets for all upper body and lower body work. The goal is to adjust the weight (increase the load as the volume decreases) to get six to ten reps on every exercise. Rest 60-90 seconds between sets.

#### **Week 1**

The rep range will be ten reps for five sets.

#### **Week 2**

The goal is to increase the weight, but you must get eight reps for five sets.

#### **Week 3**

The goal is to increase the weight, but you must get six reps for five sets.

#### **Week 4**

The goal is to increase the weight and to increase the sets, but you must get eight reps for six sets.

Our philosophy for this program is to stimulate the muscle fiber to recruit more muscle fibers quickly. By increasing the muscle fiber density and recruitment patterns we are creating growth in the muscle. With the increase of growth, we now have the ability to increase strength through greater muscle fiber recruitment. When this happens, growth occurs more rapidly due to muscle fiber recruitment and strength gains. This allows us to perform a higher load volume for training.

### **Weeks 9-12: Strength/Growth**

During the Strength/Growth weeks, our rep ranges are four to six and perform five to six sets for all upper body and lower body work. Rest 2 minutes between sets.

#### **Weeks 1 and 2**

The goal is to adjust the weight (decrease the load as the volume increases) to get four reps on every exercise.

#### **Weeks 3 and 4**

The goal is to maintain the same weight but increase the reps to six and perform six sets.

By having a higher level of strength we are able to increase the firing pattern of the muscle allowing for greater muscle fiber recruitment and coordination that will allow for greater symmetry and tone of the muscle prior to SHOWTIME. This will allow for a greater looking body as we go into the final stages of our training.

## **Weeks 13-16: SHOWTIME!**

During the SHOWTIME weeks, our rep ranges rise considerably so we can further get the “conditioned” look and etched muscle. Our total reps get up to between 25 and 30 per set after a heavier set of 8-10 reps. The reason for this is to maximally stimulate the muscle fibers and then to drop the weight and deplete all glycogen in the muscle. This will ensure that when we have our Carb Up for the show, your muscles will super-compensate and will be full and hard. Rest 60 seconds between sets.

### **Week 1**

The goal is to adjust the weight (decrease the load as the volume increases) to get 12-15 reps on every exercise.

### **Week 2**

The goal is to get 8-10 reps on every exercise.

### **Week 3**

The goal is to get 8-10 reps on every exercise with a dropset to total 25-30 total reps on last set of each exercise.

### **Week 4 – SHOWTIME!**

#### **7th Day out**

**CARB LOAD** – This Carb Meal (the normal Carbohydrate Meal you have been doing the past 12-16 weeks) should be planned out so it occurs

on the day one week prior to event. No water intake 60 minutes prior to the Carb Meal or after the Carb Meal. Get all of your water in 60 minutes before the Carb Meal. 60 minutes after the Carb Meal, you can drink four to six ounces of water.

### 6th day out

Chest, shoulders, legs and triceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Dumbbell bench press, pushups (until failure – one set), dumbbell military press, side lateral raise, triceps press down, leg press and seated calf raises. Perform your regular cardio routine.

Salt everything (10-12 shakes of a salt shaker every meal)

99mg potassium every four hours

2.5-3 gallons of water throughout the day

Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

### 5th day out

Back, legs and biceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Lat pull down, Low rows, dumbbell shrug, standing barbell or cable curl, lunges and standing calf raises. Perform your regular cardio routine.

Salt everything (10-12 shakes of a salt shaker every meal)

99mg potassium every four hours

2.5 gallons of water throughout the day

Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

#### 4th day out

Can do 6th day out routine which was Chest, shoulders, legs and triceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Dumbbell bench press, pushups (until failure – one set), dumbbell military press, side lateral raise, triceps press down, leg press and seated calf raises. Perform the following cardio routine:

Cardio 30-35 minutes + 10-15 minutes posing practice

Salt everything (10-12 shakes of a salt shaker every meal)

99mg potassium every three hours

2 gallons of water throughout the day

100mg Vitamin B6 – three times per day

1000mg Dandelion – three times per day

625 mg Uva Ursi – three times per day

100mg caffeine – three times per day

Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

CARB LOAD – NO WATER intake 60 minutes prior to the Carb Meal or 60 minutes after the Carb Meal.

#### 3rd day out

Can do 5th day out weight routine without leg training which was: Back, legs and biceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Lat pull down, Low rows, dumbbell shrug and standing barbell or cable curl, lunges and standing calf raises. Perform the following cardio routine:

56 Game Over

Light Cardio 30-35 minutes + 20 min posing practice

We are not training legs to avoid any water retention or swelling of the legs for the big day.

Salt everything up to 6:00 PM (10-12 shakes of a salt shaker every meal up to 6 PM)

99mg potassium every two - three hours

1.5 gallons of water throughout the day

100mg Vitamin B6 – three times per day

1000mg Dandelion – three times per day

625 mg Uva Ursi – three times per day

100mg caffeine – three times per day

Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

### 2nd day out

15 – 20 minutes posing practice – NO Weights and 20-25 minutes of Cardio if Desired.

99mg potassium every two hours

1-1.5 gallons of water throughout the day

100mg Vitamin B6 – three times per day

1000mg Dandelion – three times per day

625 mg Uva Ursi – three times per day

100mg caffeine – three times per day

0.5 gallons of water throughout the day

Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avo-

cado or almond butter.

### Day before Show

15 – 20 minutes posing practice – NO Weights, No Cardio.

NO SALT AT ALL – all foods are plain, fresh (not frozen or processed) and dry, dull, bland

99mg potassium every two hours

0.5-0.75 gallons of water throughout the day

100mg Vitamin B6 – three times per day

1000mg Dandelion – three times per day

625 mg Uva Ursi – three times per day

100mg caffeine – three times per day

### Night Time Meal

Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

Please NOTE: This meal maybe started early and cut in half to be consumed over a 4-4.5 hr period. It maybe too much food at one time and the “nibbling” effect has indicated better results. The last meal (INSTEAD OF NORMAL CARB LOAD) is the following:

Six to ten oz LEAN Fillet or Halibut - no salt, no seasoning, no marinade.

One to two cup steamed asparagus/spinach - NO SALT

12-15 oz baked potato or sweet potato - NO SALT

One to Two tbsp UNSALTED butter or almond butter

Six to Ten oz Red Wine (if applicable)

### 58 Game Over

- 1.5 Hrs AFTER this meal - One large slice DENSE cheesecake (If not lactose intolerant) or RICH chocolate cake that is sugary, fatty and salty (last bite 45-60 minutes before lying down to sleep). The size should NOT bloat you nor stuff you. This should be eaten slowly and enjoyed as well as leave you “wanting more” so you are not too full. *BE SURE TO HAVE AN ADDITIONAL STEAK/CHICKEN/HALIBUT AND SLICE OF CHEESECAKE or CHOCOLATE CAKE for the morning.*

### EARLY Breakfast Day of Show

To be nibbled on to avoid bloated feeling

1-2 whole eggs

Three to five oz steak

1/2 - 3/4 cup oatmeal or 4-6 oz baked sweet potato

1/2 of the cheese cake or chocolate cake

Two tbsp honey

99mg potassium every two hours

0.5-0.75 gallons of water throughout the day – Here is the tricky part. Your body needs water to FILL UP the muscles; however it’s a fine line of when you add salt to foods as well as begin to gradually add water on competition day. The rule of thumb is if you feel great about how you look keep water minimal and away from food intake. If you feel flat then consume water three to five oz every 45-60 minutes and three to five salt shakes onto nibbled food or you can use Gatorade (with the electrolytes and sodium) four to six oz every 45-60 minutes.

PLEASE NOTE: These are tips that may work for you or you may try different approaches as you learn your body. The key is *PAYING ATTEN-*

*TION TO DETAIL*, especially the last week.  
100mg Vitamin B6 – three times per day  
1000mg Dandelion – three times per day  
625 mg Uva Ursi – three times per day  
100mg caffeine – three times per day

### Food to bring with Day of Show

(nibbled on – YOU DO NOT WANT TO FEEL STUFFED OR BLOATED)

Other half of cheese cake/chocolate cake

Gatorade – 4-6 oz can be consumed every 45-60 minutes if desired. Keep away from food intake. This is loaded with carbohydrates and electrolytes and can help fill you back up.

Baked sweet potatoes

Lean protein (boiled chicken or more of the steak/halibut)

Almond butter

Snickers candy bar – eat 30-45 minutes prior to getting on stage of both prejudging (morning show) and finals (night show)

## **Weeks 1-4 – Conditioning 12-15 Reps 3-4 Sets**

### Monday – Chest

#### Exercise to be performed in order

1. Incline Barbell Press - 3-4 sets 12-15 reps
2. Flat Bench Press - 3-4 sets 12-15 reps
3. Dumbbell Flys - 3-4 sets 12-15 reps – smooth and controlled motion
4. Push Ups - to failure
5. Crunches - 3-4 sets 30 seconds
6. Reverse Crunches - 3-4 sets 30 seconds

60 Game Over

## Tuesday – Legs

### Exercise to be performed in order

1. Squat - 3-4 sets 12-15 reps each leg
2. Straight Leg Dead Lift - 3-4 sets 12-15 reps
3. Leg Curl - 3-4 sets 12-15 reps
4. Leg Press - 3-4 sets 12-15 reps each leg
5. Leg Extension - 3-4 sets 12-15 reps
6. Standing Calf Raises - 3-4 sets 12-15 reps
7. Seated Calf Raise - 3-4 sets 12-15 reps

## Wednesday – Back

### Exercise to be performed in order

1. Bent Over Barbell row - 3-4 sets 12-15 reps
2. 1 Arm Dumbbell Rows - 3-4 sets 12-15 reps
3. Cable Pull Downs (like dumbbell pullover but with cable standing) 3-4 sets 12-15 reps
4. Wide Grip Pull downs - 3-4 sets 12-15 reps
5. Dumbbell Shrugs with Abduction start - 3-4 sets 12-15 reps
6. Hyperextensions - 3-4 sets 12-15 reps - smooth and controlled motion

## Friday – Arms

### Exercise to be performed in order

1. Standing Barbell Curls - 3-4 sets 12-15 reps
2. Preacher Curls - 3-4 sets 12-15 reps
3. Hammer Curls - 3 sets 12-15 reps
4. Triceps Press Down with V-Bar or Rope - 3-4 sets 12-15 reps
5. Over the Head Extensions using rope or Skull Crushers - 3-4 sets 12-15 reps

6. Weighted Dips - 3 sets 12-15 reps
7. V-ups - 3-4 sets 30 seconds
8. Leg Raises - 3-4 sets 30 seconds

### Saturday – Shoulders

#### Exercise to be performed in order

1. Dumbbell Military Press NO BACK SUPPORT - 3-4 sets 12-15 reps
2. Seat Front Dumbbell Raise NO BACK SUPPORT - 3-4 sets 12-15 reps
3. Standing Side Lateral Raise - 3-4 sets 12-15 reps
4. Rear Deltoid Machine or Bent Over Rear Delt Fly - 3 sets 12-15 reps  
- smooth and controlled motion
5. Seated Calf Raises – 4 sets 15 reps
6. Seated Calf Raises – 4 sets 15 reps

Perform 30-45 minutes of cardio before or after weights with heart rate 130-150.

### **Weeks 5-8 – Growth/Strength 6-10 Reps 5-6 Sets**

### Monday – Chest

#### Exercise to be performed in order

1. Incline Barbell Press – 5-6 sets 6-10 reps
2. Flat Barbell Press - 5-6 sets 6-10 reps
3. Peck Deck – 3-4 sets 8-10 reps – smooth and controlled motion
4. Push Ups – to failure
5. V-ups – 3-4 sets 30-45 seconds
6. Leg raises – 3-4 sets 30-45 seconds

## Tuesday – Legs

### Exercise to be performed in order

1. Squats – 5-6 sets 6-10 reps
2. Straight Leg Dead Lift – 5-6 sets 6-10 reps
3. Leg Curl – 3-4 sets 8-10 reps
4. Stationary Barbell Lunges – 5-6 sets 6-10 reps
5. Leg Extension – 3-4 sets 8-10 reps
6. Standing Calf Raises – 3-4 sets 8-12 reps
7. Seated Calf Raises – 3-4 sets 8-12 reps

## Wednesday – Back

### Exercise to be performed in order

1. High Row Wide Grip - 5-6 sets 6-10 reps
2. Close Grip Low Row - 5-6 sets 6-10 reps
3. Wide Grip Pull Downs – 5-6 sets 6-10 reps
4. Dumbbell Pull Overs – 3-4 sets 8-10 reps
5. Barbell Shrugs – 5-6 sets 6-10 reps
6. Hyperextensions – 3 sets 8-10 reps – smooth and controlled motion

## Friday – Arms

### Exercise to be performed in order

1. Standing Dumbbell Curls - 5-6 sets 6-10 reps
2. Single arm Dumbbell Preacher Curls - 5-6 sets 6-10 reps
3. Concentration Curls – 3 sets 8-10 reps
4. Close Grip Press - 5-6 sets 6-10 reps
5. V Bar Press Down - 5-6 sets 6-10 reps

6. Single Arm Over the Head Extension – 3 sets 8-10 reps
7. Toe Touches – 3-4 sets 30-45 seconds
8. Roman Chair Knee ups – 3-4 sets 30-45 seconds

### Saturday – Shoulders

#### Exercise to be performed in order

1. Dumbbell Military Press NO BACK SUPPORT - 5-6 sets 6-10 reps
2. Seat Front Dumbbell Raise NO BACK SUPPORT – 5-6 sets 6-10 reps
3. Standing Side Lateral Raise - 5-6 sets 6-10 reps
4. Rear Deltoid Machine or Bent Over Rear Delt Fly - 5-6 sets 6-10 reps  
– smooth and controlled motions
5. Standing Calf Raises – 3-4 sets 8-12 reps
6. Seated Calf Raises – 3-4 sets 8-12 reps

Perform 30-45 minutes of cardio before or after weights with heart rate 130-150.

### **Weeks 9-12 – Strength/Growth 4-6 Reps and 5-6 Sets**

#### Monday – Chest

#### Exercise to be performed in order

1. Incline Barbell Press – 5-6 sets 4-6 reps
2. Flat Bench Press - 5-6 sets 4-6 reps
3. Dumbbell Flys – 3-4 sets 6-8 reps – smooth and controlled motion
4. Push Ups – to failure
5. Crunches – 3-4 sets 30-45 seconds
6. Reverse Crunches – 3-4 sets 30-45 seconds

64 Game Over

## Tuesday – Legs

### Exercise to be performed in order

1. Squat – 5-6 sets 4-6 reps
2. Straight Leg Dead Lift - 5-6 sets 4-6 reps
3. Leg Curl – 3-4 sets 6-8 reps
4. Leg Press - 5-6 sets 4-6 reps
5. Leg Extension– 3-4 sets 6-8 reps
6. Standing Calf Raises – 3-4 sets 8-12 reps
7. Seated Calf Raises– 3-4 sets 8-12 reps

## Wednesday – Back

### Exercise to be performed in order

1. Bent Over Barbell row - 5-6 sets 4-6 reps
2. 1 Arm Dumbbell Rows - 5-6 sets 4-6 reps
3. Cable Pull Downs (like dumbbell pullover but with cable standing) – 3-4 sets 6-8 reps
4. Wide Grip Pull Downs – 5-6 sets 4-6 reps
5. Dumbbell Shrugs with Abduction Start – 5-6 sets 4-6 reps
6. Hyperextensions – 3 sets 8-12 reps – smooth and controlled motion

## Friday – Arms

### Exercise to be performed in order

1. Standing Barbell Curls - 5-6 sets 4-6 reps
2. Preacher Curls - 5-6 sets 4-6 reps
3. Seated Hammer Curls – 3-4 sets 6-8 reps
4. Triceps Press Down with V-Bar or Rope - 5-6 sets 4-6 reps
5. Weighted Dips – 5-6 sets 4-6 reps

6. Over the Head Extensions Using ROPE or Skull Crushers – 3-4 sets 6-8 reps
7. V-ups – 3-4 sets 30-45 seconds
8. Leg Raises – 3-4 sets 30-45 seconds

### Saturday – Shoulders

#### Exercise to be performed in order

1. Dumbbell Military Press NO BACK SUPPORT - 5-6 sets 4-6 reps
2. Seat Front Dumbbell Raise NO BACK SUPPORT – 5-6 sets 4-6 reps
3. Standing Side Lateral Raise - 5-6 sets 4-6 reps
4. Rear Deltoid Machine or Bent Over Rear Delt Fly - 5-6 sets 4-6 reps  
– smooth and controlled motion
5. Standing Calf Raises – 3-4 sets 8-12 reps
6. Seated Calf Raises – 3-4 sets 8-12 reps

Perform 30-45 minutes of cardio before or after weights with heart rate 130-150.

### **Week 13 – SHOWTIME (1st week of 4)**

#### Monday – Chest

#### Exercise to be performed in order

1. Incline Dumbbell Press – 3 sets 12-15 reps
2. Flat Dumbbell Press - 3 sets 12-15 reps
3. Dumbbell Flys - 3 sets 12-15 reps – smooth and controlled motion
4. Push Ups – to failure
5. Crunches – 3 sets for 30 – 45 seconds
6. Reverse Crunches – 3 sets for 30 - 45 seconds

## Tuesday – Legs

### Exercise to be performed in order

1. Squat – 4 sets 12-15 reps
2. Straight Leg Dead Lift - 3 sets 12-15 reps
3. Leg Curl – 3 sets 12-15 reps
4. Stationary Barbell Lunges 3 sets 12-15 reps
5. Leg Extension– 3 sets 12-15 reps
6. Standing Calf Raises – 4 sets 20 reps
7. Seated Calf Raises – 4 sets 20 reps

## Wednesday – Back

### Exercise to be performed in order

1. Bent Over Barbell row - 3 sets 12-15 reps
2. 1 Arm Dumbbell Rows - 3 sets 12-15 reps
3. Cable Pull Downs (like dumbbell pullover but with cable standing) - 3 sets 12-15 reps
4. Wide Grip Pull Downs – 3 sets 12-15 reps
5. Dumbbell Shrugs with Abduction Start – 4 sets 15 reps
6. Hyperextensions – 3 sets 20 reps – smooth and controlled motion

## Friday – Arms

### Exercise to be performed in order

1. Standing Barbell Curls - 3 sets 12-15 reps
2. Preacher Curls - 3 sets 12-15 reps
3. Hammer Curls – 2 sets 12-15 reps
4. Triceps Press Down with V-Bar or Rope - 3 sets 12-15 reps
5. Over the Head Extensions Using ROPE or Skull Crushers - 3 sets 12-15 reps

6. Weighted Dips – 2 sets 12-15 reps
7. V-ups – 3-4 sets 30-45 seconds
8. Leg Raises – 3-4 sets 30-45 seconds

### Saturday – Shoulders

#### Exercise to be performed in order

1. Dumbbell Military Press NO BACK SUPPORT - 3 sets 12-15 reps
2. Seat Front Dumbbell Raise NO BACK SUPPORT – 3 sets 12-15 reps
3. Standing Side Lateral Raise - 3 sets 12-15 reps
4. Rear Deltoid Machine or Bent Over Rear Delt Fly - 3 sets 12-15 reps  
– smooth and controlled motions
5. Standing Calf Raises – 4 sets 15 reps
6. Seated Calf Raises – 4 sets 15 reps

Perform 30-45 minutes of cardio before or after weights with heart rate 130-150.

### **Week 14 – SHOWTIME (2nd week of 4)**

#### Monday – Chest

#### Exercise to be performed in order

1. Incline Dumbbell Press – 3 sets 8-10 reps
2. Flat Dumbbell Press – 3 sets 8-10 reps
3. Dumbbell Flys – 3 sets 8-10 reps – smooth and controlled motions
4. Push Ups – to failure
5. Crunches – 3 sets 30-45 seconds
6. Reverse Crunches – 3-4 sets 30-45 seconds

## Tuesday – Legs

### Exercise to be performed in order

1. Squat – 3 sets 8-10 reps
2. Straight Leg Dead Lift – 3 sets 8-10 reps
3. Leg Curl – 3 sets 8-10 reps
4. Leg Press – 3 sets 8-10 reps
5. Leg Extension– 3 sets 8-10 reps
6. Standing Calf Raises – 3 sets 30 reps
7. Seated Calf Raises – 3 sets 30 reps

## Wednesday – Back

### Exercise to be performed in order

1. Bent Over Barbell row – 3 sets 8-10 reps
2. 1 Arm Dumbbell Rows – 3 sets 8-10 reps
3. Cable Pull Downs (like dumbbell pullover but with cable standing) - 3 sets 8-10 reps
4. Wide Grip Pull Downs – 3 sets 8-10 reps
5. Dumbbell Shrugs with Abduction Start – 3 sets 15 reps
6. Hyperextensions - 3 sets 30 reps – smooth and controlled motion

## Friday – Arms

### Exercise to be performed in order

1. Standing Barbell Curls – 3 sets 8-10 reps
2. Preacher Curls – 3 sets 8-10 reps
3. Hammer Curls – 3 sets 8-10 reps
4. Triceps Press Down with V-Bar or Rope – 3 sets 8-10 reps
5. Over the Head Extensions Using ROPE or Skull Crushers – 3 sets 8-10 reps

6. Regular Body Weight Dips – 3 sets for 30 seconds
7. V-ups – 3 sets 30-45 seconds
8. Leg Raises – 3 sets 30-45 seconds

### Saturday – Shoulders

#### Exercise to be performed in order

1. Dumbbell Military Press NO BACK SUPPORT – 3 sets 8-10 reps
2. Seat Front Dumbbell Raise NO BACK SUPPORT – 3 sets 8-10 reps
3. Standing Side Lateral Raise – 3 sets 8-10 reps
4. Rear Deltoid Machine or Bent Over Rear Delt Fly – 3 sets 8-10 reps  
– smooth and controlled motions
5. Standing Calf Raises – 3 sets 30 reps
6. Seated Calf Raises – 3 sets 30 reps

Perform 30-45 minutes of cardio before or after weights with heart rate 130-150.

### **Week 15 – SHOWTIME (3rd week of 4)**

#### Monday – Chest

#### Exercise to be performed in order

1. Incline Dumbbell Press – 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
2. Flat Dumbbell Press - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
3. Dumbbell Flys - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps – smooth and controlled motion

70 Game Over

4. Push Ups – 1 set to failure
5. Crunches – 3 sets for 30 – 45 seconds
6. Reverse Crunches – 3 sets for 30 – 45 seconds

## Tuesday – Legs

### Exercise to be performed in order

1. Squat – 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
2. Straight Leg Dead Lift - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
3. Leg Curl – 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
4. Stationary Barbell Lunges 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
5. Leg Extension– 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
6. Standing Calf Raises – 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
7. Seated Calf Raises – 3 sets 8-10 reps with a dropset on last set to total 25-30 reps

## Wednesday – Back

### Exercise to be performed in order

1. Bent Over Barbell Row - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
2. 1 Arm Dumbbell Rows - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps

3. Cable Pull Downs (like dumbbell pullover but with cable standing) - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
4. Wide Grip Pull Downs – 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
5. Dumbbell Shrugs with Abduction Start – 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
6. Hyperextensions – 3 sets 40 reps – smooth and controlled motion

## Friday – Arms

### Exercise to be performed in order

1. Standing Barbell Curls - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
2. Preacher Curls - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
3. Hammer Curls – 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
4. Triceps Press Down with V-Bar or Rope - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
5. Over the Head Extensions Using ROPE or Skull Crushers - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
6. Regular Bodyweight Dips – 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
7. V-ups 3 sets for 30 – 45 seconds
8. Leg Raises – 3 sets for 30 – 45 seconds

## Saturday – Shoulders

### Exercise to be performed in order

1. Dumbbell Military Press NO BACK SUPPORT - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
2. Seat Front Dumbbell Raise NO BACK SUPPORT – 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
3. Standing Side Lateral Raise - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
4. Rear Deltoid Machine or Bent Over Rear Delt Fly - 3 sets 8-10 reps with a dropset on last set to total 25-30 reps – smooth and controlled motions
5. Standing Calf Raises – 3 sets 8-10 reps with a dropset on last set to total 25-30 reps
6. Seated Calf Raises – 3 sets 8-10 reps with a dropset on last set to total 25-30 reps

Perform 30-45 minutes of cardio before or after weights with heart rate 130-150.

### **Cardio: Why we recommend it**

While we believe that diet is 90% of getting lean and reducing bodyfat, we still recommend 30-45 minutes of cardio (130-150 Heart Rate which is equivalent to 55-65% VO2 Max age/gender pending) four to five days per week depending on body type and bodyfat percentage while on the Cut Diet. Cardio is essential for supplying oxygen to your muscles for maximum growth. Our entire approach to dieting is based on muscle

preservation. Too much cardio or cardio at a high level of intensity will eat at muscle tissue. This is counterproductive because we are trying to lose fat and keep as much muscle as possible. Long duration cardio is more geared toward cardiovascular training (at or above 80% VO2 Max). Therefore, lower intensity cardio increases fat oxidation (burns bodyfat) and does not catabolize (waste) nearly as much muscle as high intensity cardio, especially on a reduced calorie/low carbohydrate diet. We usually recommend light walking on a treadmill with an incline.

As you have read, there are times when we do recommend HIIT. In the final four weeks leading into your BIG DAY, you can add in HIIT. This will shock your body into using up that stubborn fat you might have sitting around your lower abs and glutes and if you have your Workout Nutrition for HIIT and keep it to the last four weeks, muscle loss is not a huge concern.

# Chapter 5

## Essential Cut Diet Supplementation

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This is what we do: We supplement your performance. What does that mean? Well, as we said before, there is no magic pill. But by utilizing these real-world proven and science-based supplements, we can tip the scales (literally!) in your favor to the lean, hard body of your dreams!

The Cut Diet is based on utilizing cutting-edge diet and training principles to help you achieve your best body ever. Each of recommended supplements will work together with the Cut Diet and help you achieve your fitness and physique goals. However, if you cannot afford to add supplements in your diet, you will still see good results with the Cut Diet and Training program. Here are the most important supplements to optimize your Cut Diet!

### Pre-Workout Supplements

- 3 Scivation Dialene 4
- 2 Scivation Fenotest
- 1 Scivation Anagen

DURING Workout Shake = 1.5 -2 scoops Substance WPI with 6-10 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water. Start drinking 15 minutes prior to training and drink throughout your workout, including the cardio session.

Primaforce Substance WPI and Xtend—Your best training partner

## **The Backbone**

The backbone of the Scivation/Primaforce product line is the Substance WPI + Xtend combo workout drink.

## **Xtend—Energy Aminos**

- Branched Chain Amino Acids (L-Leucine, L-Isoleucine and L-Valine)
- Glutamine
- Citrulline Malate
- Vitamin B6

## **Substance WPI—Whey Protein Isolate**

- 100% Whey Protein Isolate

During exercise Branched Chain Amino Acid (BCAA) oxidation, especially leucine, is increased. The BCAA are different from other amino acids in that they are primarily metabolized in skeletal muscle. In order to meet the increased demand for BCAA during exercise the body breaks down muscle tissue to supply additional BCAA. By supplying the body exogenous BCAA during exercise, one can meet the increased demand

for BCAA oxidation without breaking down muscle tissue to supply the needed BCAA. Because BCAA serve as a “fuel” for skeletal muscle, BCAA supplementation has been used to enhance sports performance and recovery.

The Mammalian Target of Rapamycin (mTOR) is one of the body’s protein synthesis regulators. mTOR functions as an energy sensor; it is activated when ATP levels are high and blocked when ATP levels are decreased. The main energy-consuming process in the cell is protein synthesis. When mTOR is activated (high ATP levels sensed) protein synthesis is increased and when mTOR is suppressed (low ATP levels are sensed) protein synthesis is blunted. mTOR activation is vital for skeletal muscle hypertrophy. Leucine is the key regulator of the mTOR-signaling pathway. Leucine directly signals and primes your muscles to grow through the activation of mTOR.

By combining Xtend with Substance WPI, you create a rapid, large increase in BCAA levels from Xtend and a slower, more sustained release of BCAA and all the other EAA from Substance WPI. The optimal dosage (anecdotal) of BCAA is 0.17 grams/lb. bodyweight or 1 scoop of Xtend/20 lbs. bodyweight. Substance WPI should be dosed at 1/2 a scoop/60 lbs.

- Xtend—1 Scoop/20 lbs.
- Substance WPI—1/2 Scoop/60 lbs.

A 200 lb. bodybuilder’s workout shake would consist of:

- 10 Scoops Xtend
- 1.5 scoops Substance WPI

If you cannot afford to use this amount of Xtend, we recommend using at least 4-6 scoops during your workout. Before you buy anything else to supplement your Cut Diet, we recommend this stack first and foremost.

### **Scivation Anagen**

Anagen consists of three ingredients: Ecdysterone (ECDY), Rhodiola Rosea, and Bacopa Monnieri.

#### *Ecdysterone (ECDY)*

ECDY is a photoecdysteroid, which is a type of chemical produced by plants to defend against insects. Insects that ate plants that produced certain photoecdysteroids would suffer adverse effects and most likely die. This means that the plants that did produce photoecdysteroids survived; it made them stronger. Photoecdysteroids are synthesized by plants through the mevalonate pathway with acetyl-CoA as a precursor. While humans can produce similar chemicals using this pathway, they cannot produce photoecdysteroids. 20-Beta-Hydroxyecdysterone is a specific photoecdysteroid that has been shown to have many beneficial effects.

ECDY has been shown to enhance skeletal muscle growth by increasing gene expression, RNA synthesis, protein translation, and nitrogen retention, all of which are involved in protein synthesis and the creation of new skeletal muscle. ECDY also aids in coping with stress, improves cholesterol levels, and decreases blood glucose levels independently of insulin. All of these effects aids in recover from training and growing.

### *Rhodiola Rosea and Bacopa Monnieri*

Rhodiola Rosea and Bacopa Monnieri are both herbs that have been used for centuries in eastern countries in traditional medicine. Both have been shown to have anti-stress and many health and wellness properties, all of which aid in recovering from training and coping with the stresses of daily life and dieting.

The combination of these three ingredients will create an optimal environment for recovery and growth by enhancing one's ability to cope with stress and increasing protein synthesis and nitrogen retention.

### **Dosing Anagen**

We recommend taking one capsule of Anagen three times daily with meals. On non-workout days, take Anagen three times daily with meals.

### **Scivation Fenotest**

Fenotest is a natural testosterone booster, which means it works by increasing the body's own production of testosterone. The main benefit of this approach versus administration of synthetic testosterone is there is no negative feedback causing natural testosterone production to decrease or cease and no need to "jumpstart" your body's production of testosterone upon cessation of the product. Fenotest contains four ingredients: Testofen, Safed Musli, Rhodiola Rosea, and Bacopa Monnieri.

### *Testofen*

Testofen is a Fenugreek Extract standardized for Fenuside. It works by telling to hypothalamus to signal the gonads to produce more testosterone and by creating the pre-cursors for testosterone synthesis. Increasing testosterone production will lead to an increase in protein synthesis, fat oxidation, and libido and feeling of well-being.

### *Safed Musli*

Safed Musli belongs to the plant family Liliaceae. Safed Musli's tuberous roots have been used in ayurvedic medicine (ancient Hindu science of health and medicine) to treat sexual weakness and impotency for centuries and it is often referred to as a "Sex Tonic" due to its saponin content (Stigmasterol and Hecogenin) which has been shown to increase sexual desire and semen volume. Some have referred to Safed Musli as an "herbal Viagra®" without any side effects.

### *Rhodiola Rosea and Bacopa Monnieri*

See Anagen

The ingredients in FenoTest will work together to create a stimulus for increased testosterone production and growth. Testofen will increase testosterone production. Safed Musli will provide potent saponins for sexual health and increasing ones overall health. Rhodiola Rosea increases ones ability to adapt to stress and improves overall health and sexual function. Bacopa Monnieri decreases stress, is a powerful antioxidant, and

improves overall health. Together these four ingredients will strengthen and vitalize your body, optimizing it for sexual function. You should see results within 7-14 days while the sexual stimulating effects should kick-in immediately.

### **Dosing Fenotest**

We recommend taking two Fenotest two times daily with one dose preworkout. On non-workout days, take Fenotest two times daily with meals.

### **Dialene 4—Fat Loss You Can FEEL!**

Stored Triglycerides—Body Fat We Want to LOSE

While all cells contain some fat, it is mainly stored in muscle (intramuscular triglycerides) and in adipose tissue (body fat). Adipose tissue is the body's main fat storage site.

Adipose tissue is divided into individual cells called adipocytes. These adipocytes hold stored triglyceride (1 glycerol molecule bonded to 3 fatty acids) droplets, which serve as a source of energy for the body. These droplets make up 95% of adipocytes volume. In order for this storage of potential energy (60,000-100,000 kcal) to be used and to LOSE BODYFAT (everyone's goal), it must be mobilized through lipolysis.

Lipolysis involves hydrolyzing (splitting with water) the triglycerides into a glycerol molecule and 3 separate fatty acids (FFA).

This reaction is catalyzed by the enzyme hormone-sensitive lipase (HSL):



Once the fatty acids diffuse (exit) from the adipocytes, they bind to plasma albumin (a protein in the blood) in order to be transported to active tissues where they can be burned. In order to lose body fat, the fatty acids must be burned!

### **Transport of FFA to be Burned**

Blood flow is of prime importance to the transportation of FFA away from adipocytes and through the circulation to active tissues. This is especially important during exercise where energy requirements are heightened.

Low blood flow could cause the accumulation of FFA within adipose tissue (Coppack et al 1994) resulting in less available FFA to be oxidized and a greater chance of FFA reesterification into triglycerides. Increasing blood flow throughout the body will assist in losing weight by transporting FFA to where they can be burned.

### **FFA Oxidation—Burning Body Fat**

When the albumin-FFA complex reaches muscle tissue, the FFAs are released and are transported into a muscle cell. Once in the muscle cell, the FFAs can reesterfy (rebind) with glycerol to form triglycerides or bind with intramuscular proteins to be used for energy production in the

mitochondria.

In the mitochondria, the fatty acids undergo beta-oxidation. During beta-oxidation, fatty acids are converted to acetyl-CoA. Once the entire fatty acid molecule is degraded into acetyl-CoA molecules, they are sent into the citric acid cycle. ATP (the body's main energy source) phosphorylates this reaction, then water is added, and the H<sup>+</sup> are passed to NAD<sup>+</sup> and FAD to be sent to the respiratory chain to be oxidized to create more ATP.

Beta-Oxidation is an aerobic reaction because oxygen is needed to bind with the H<sup>+</sup>. Remember, without oxygen, the H<sup>+</sup> stay bound to NAD<sup>+</sup> and FAD and the respiratory chain cannot transfer electrons and NADH and FADH<sub>2</sub> levels accumulate, which stops fatty acid catabolism.

## **Glycerol Catabolism**

The water-soluble glycerol molecule formed from lipolysis can diffuse from the adipocytes into the circulation. The liver can use the glycerol in the circulation to form glucose through gluconeogenesis. Glycerol is accepted as 3-phosphoglyceraldehyde, which degrades to pyruvate to be oxidized for ATP in the citric acid cycle. The H<sup>+</sup> are accepted by NAD<sup>+</sup> and sent to the electron transport chain.

Glycerol also has a gluconeogenic role as it provides carbon skeletons for glucose synthesis. When glycogen levels are low or depleted, glycerol can serve as an important fuel source, which is important when dieting to lose body fat since calories will be decreased.

All of the above may seem like a lot of scientific mumbo-jumbo, but it is the basis around which Scivation's new fat burner Dialene 4 was created. Now we will show you how Dialene 4 works to increase fat loss!

### **Dialene 4 Increases Adrenaline Output**

The ingredients in Dialene 4 work synergistically to increase Adrenaline output. The term "adrenaline" is commonly used to refer to the body's excitatory catecholamines Epinephrine (E) and Norepinephrine (NE) (Dopamine being the third catecholamine), which are regulators of lipolysis.

The sympathetic nervous system's postganglion neurons release NE as their neurotransmitter. When large amounts of NE are produced during times of stress, it can "spillover" into the blood and act on receptors throughout the body. Catecholamines can act on adipose tissue via direct sympathetic innervation or the general circulation (Coppack et al 1994).

Catecholamines act on the alpha (1 and 2) and beta (1, 2, and 3) adrenoreceptors throughout the body, with E having a greater affinity for the beta-receptors and NE for the alpha-receptors. Activation of the alpha1 and beta-receptors is lipolytic (causes fat breakdown) while activation of the alpha2 receptor is antilipolytic (blunts fat breakdown).

At rest, plasma catecholamine levels are low, causing the lipolytic rate to be regulated by the inhibitory action of the alpha2-receptors (Horowitz 2003). During exercise, the large increase in

catecholamines causes the activation of the beta-receptors to override the alpha2-receptor inhibition of lipolysis and whole body lipolysis increases. This is where Dialene 4 comes into play. Using Dialene 4 during the day when plasma catecholamine levels are low allows you to overcome the inhibitory action of the alpha2-receptors and stimulate lipolysis (fat breakdown). Dialene 4 accomplishes this by increasing NE release and keeping NE levels elevated.

### **Norepinephrine's (NE) Role in Lipolysis**

1. NE release from synaptic nerves
2. NE binds to beta-adrenergic receptors
3. Stimulatory guanine nucleotide regulatory proteins (G-proteins) within the cell membrane activate the enzyme adenylate cyclase
4. Adenylate cyclase converts ATP into 3'-5' camp
  - Cyclic AMP phosphodiesterase (PDE) halts this step
  - Prostaglandins have receptors coupled to inhibitory G proteins (Gi), which decrease adenylate cyclase activity and thus decrease cAMP concentrations in the cell.
  - When a beta-adrenergic agonist such as NE stimulates a fat cell it produces adenosine. Adenosine interacts with its receptor coupled to regulatory G proteins (Gi) which inhibits adenylate cyclase activity and prevents the accumulation of cAMP
5. cAMP binds to the regulatory subunit of protein kinase A
6. Protein kinase A releases its catalytic subunit

7. The catalytic subunit phosphorylates Hormone Sensitive Lipase (HSL), transforming it into the active form, HSL-P
8. HSL-P catalyzes a three step hydrolysis reaction to reduce triglycerides into glycerol and fatty acids
  - Re-esterification can occur (Lipogenesis)

A summary of the above scientific jargon is NE increases lipolysis, which is vital to fat loss.

### **Dialene 4 Ingredients**

#### B Vitamins

Vitamin B3 (Niacinimide USP): 75mg

Vitamin B6 (Pyridoxine HCl): 50mg

Vitamin B5 (Pantothenic Acid): 25mg

Vitamin B12 (Cyanocobalamin): 1,000mcg

The B vitamins are essential to whole body metabolism, especially fat loss. We included the B vitamins in Dialene 4 to ensure your body has what it needs to burn fat at its full potential.

### **Caffeine USP: 300mg**

Caffeine, a plant alkaloid belonging to the drug class methylxanthines and is found in natural sources such as coffee beans, tea leaves, cocoa beans, and other plants, is the world's most widely used stimulant. Caffeine is a Central Nervous System (CNS) stimulant shown

to delay fatigue and improve cognitive performance.

Caffeine acts as an adenosine receptor antagonist. Adenosine decreases the release of stimulatory/excitatory neurotransmitters (i.e. norepinephrine [NE]). Therefore, blocking the adenosine receptor allows a greater excitation to occur by increasing NE's ability to activate the adrenergic receptors.

Caffeine inhibits phosphodiesterase (PDE), causing a build-up of cAMP levels and greater effect of NE on fatty acid lipolysis. PDE blunts lipolysis; therefore inhibiting PDE allows lipolysis to proceed at an accelerated rate. The end result is there are more fatty acids available for oxidation after consumption of caffeine.

### **LipoLean™ Blend: 575mg**

*Lean Green™ (Green Tea Standardized to 50% EGCG)*

Lean Green is a potent green tea extract. The active in green tea is EGCG. EGCG has thermogenic effects and has been shown to assist in weight loss by decreasing dietary fat absorption, appetite suppression, and catechol-O-methyl-transferase (COMT) inhibition. COMT is involved in the breakdown of catecholamines (i.e. NE). By inhibiting COMT, NE breakdown is slowed and it is able to activate the adrenergic receptors to a greater degree and enhance lipolysis.

### **Cayenne Pepper (40,000 HU)**

Cayenne peppers have been used for centuries as a folk medicine for stimulating circulation, aiding digestion and relieving pain (topically). Cayenne increases thermogenesis by dilating blood vessels and increasing

blood circulation. Blood flow to adipose tissue is very important for the transportation of fatty acids to be burned. Increasing blood flow allows more fatty acids to be delivered to tissues where they can be burned.

### **Naringin 95%**

Naringin is a citrus flavanoid found in citrus fruits such as grapefruit and oranges. Grapefruit juice has been shown to decrease the breakdown of caffeine and prolong its effects and impact on fat loss. Naringin is believed to cause this effect from grapefruit. Adding Naringin to Dialene 4 will enhance the effects of caffeine.

### **CogniLean Blend: 315mg**

#### Acetyl L-Carnitine

The amino acid L-Carnitine plays a vital role in energy metabolism, specifically the transport of fatty acids into mitochondria where they can be oxidized. ALCAR is the acetylated form of carnitine and is the most popular form of supplemental carnitine. ALCAR has been shown to increase fat loss by increasing fat oxidation. In order to lose body fat, fatty acids must be burned. ALCAR increases the transportation of fatty acids into the mitochondria so they can be burned and body fat can be decreased.

### **Vinpocetine**

Vinpocetine increases circulation and blood flow to the brain. Just like cayenne, vinpocetine's ability to increase blood flow aids in the trans-

portation of fatty acids to tissues where they can be burned.

**G4™ Fat Incinerating Matrix: 300mg**

*(Garlic Oil (Containing Sulphur compounds including Allin, Allinase, Allicin and Diallyldisulfide))*

The allyl-containing sulfides in garlic have been shown to increase thermogenesis, primarily by increasing NE levels and Beta-adrenergic receptor activation. Scivation is the first company to isolate these compounds in order to harness their fat burning properties.

The other ingredients in Dialene 4 work to help keep the increased NE levels caused by The G4 Matrix elevated longer and to a greater degree, which increases lipolysis tremendously.

In addition to increasing lipolysis and fat oxidation, Dialene 4 will provide a STRONG boost in energy, which will allow you to exercise harder and feel better during the day.

90 Game Over

# Chapter

## The Cut Diet

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This program is laid out for OPTIMAL RESULTS. However, with any diet, there needs to be some flexibility regardless of the goal in mind. Thus, here are some acceptable food choices when you have to venture off of the menu laid out in this chapter.

### **Cut Diet Food Measurements and Acceptable Sources**

Carbohydrates: all equal to ~15g carbs

- Baked Sweet Potato (no skin) – 57g or 2 oz
- Yams (no skin) - 57g or 2 oz
- Oatmeal (instant) - 1/4 cup or 20g
- Rolled Oats - 1/4 cup or 20.25g
- Steel Cut Oats, dry - 1/8 cup or 20g
- Honey - 3/4 tbsp or 15.8g
- Grapefruit - 6.5 oz or 184g
- Raisins - 2 tbsp or 18.5g

- Orange - 3.5 oz or 99g

Other than orange and grapefruit, these carb sources are meant for the Carb Meal and CANNOT be interchanged. The Carb Meal is designed as laid out for a reason and this is not a meal that can be changed when seeking optimal results.

Vegetables: all equal to ~5g carbs

- Asparagus 4 oz or 113 g
- Broccoli 78g or 1/2 cup
- Green Beans 62.5g or 1/2 cup
- Onions 53g or 1/3 cup
- Spinach 125g or 2/3 cup
- Celery 120g or 4.25 oz
- Cucumber 156g or 5.5 oz
- Green Onions 50g or 1.75 oz
- Mushrooms 78g or 2.5 oz
- Tomato 90g or 1/2 cup
- Salad Greens (Lettuce, Romaine) 165g or 3 cups

Our preferred vegetables are Asparagus, Broccoli, Green Beans and Spinach. Use all other options sparingly.

Protein: All equal to ~7g protein

- Chicken Breast (white meat) boneless/skinless - 1 oz or 28.35g
- Turkey Breast (LEAN) - 1 oz or 28.35g
- Fresh Fish (Cod, Haddock, Halibut, Tuna in water), Tilapia - 1 oz or 28.35g
- Egg Whites - 2 or 67g

- Egg Beaters - 1/4 cup or 2.15 oz or 61g
- Lean Sirloin/Fillet - 3/4 oz or 21.25g

\*NOTE: You can substitute 3oz of any of these protein choices for 1 scoop of Substance WPI if desired.

Fats: all equal to ~5g fat

- Avocado - 1 oz or 28.35g
- Almonds (Dry Roasted) - 1/3 oz or 1 tbsp or 8.6g (~6 pieces)
- Enova Oil - 1 Tsp or 4.5g
- Oil (Olive or Canola, Enova) - 1 tsp or 4.5g or 0.16 oz
- Peanuts - 1/3 oz or 9.36g (~10 pieces)
- Peanut/Almond Butter (smooth or crunchy) - 2 tsp or 0.38 oz or 10.6g
- Salad Dressing (light, reduced-fat) - 2 Tbsp or 30g
- Smart Balance Light Spread - 1 tbsp or 14g
- Walnuts - 1Tbsp or 1/4 oz or 7.5g

Our preferred sources of fat are Almond Butter, Almonds, Avocado and Peanut Butter.

Based on the calorie equation above, here are different Cut Diet options depending on the individual.

\*Unless noted, measurements are based on cooked or steamed food.

## Cut Diet 1200

DURING Workout Shake = 1.5 scoops Substance with 4-8 scoops Xtend (Bodyweight pending - 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

### Meal 1

6 Egg Whites

1 Whole Egg

1 oz Grilled Chicken

1.33 cup Steamed Spinach

6 Almonds

6.5 oz PEELED Ruby Red Grapefruit - Splenda packets can be used to sweeten if desired

*35g protein, 25g carbohydrates, 10g fat*

### Meal 2

1.5 scoops SUBSTANCE Protein Powder + 5g GlutaForm

6 Almonds or 1 oz Avocado

1/2 cup Steamed Broccoli or Green Beans or 4 oz steamed Asparagus

*32g protein, 5g carbohydrates, 5g fat*

### Meal 3

3 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna (Albacore packed/canned in water)

1/2 cup Steamed Broccoli or Green Beans or 4 oz Steamed Asparagus

4 tsp Peanut Butter or 12 Almonds or 2 oz Avocado

*21g protein, 5g carbohydrates, 10g fat*

94 Game Over

#### Meal 4

3 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna  
(Albacore Packed/Canned in Water)

1/2 cup Steamed Broccoli or Green Beans or 4 oz Steamed Asparagus

4 tsp Peanut Butter or 12 Almonds or 2 oz Avocado

*21g protein, 5g carbohydrates, 10g fat*

#### Meal 5

1 scoop SUBSTANCE Protein Powder + 5g GlutaForm

6 Almonds

1/2 cup Steamed Broccoli or Green Beans or 4 oz Steamed Asparagus

*21g protein, 5g carbohydrates, 5g fat*

#### Meal 6

3 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna  
(Albacore packed/canned in water)

1/2 cup Steamed Broccoli or Green Beans or 4 oz Steamed Asparagus

1 oz Avocado

*21g protein, 5g carbohydrates, 5g fat*

Protein – 151g = 604 Calories, Carbohydrates (not including Carbohydrate night) – 50g = 200 Calories, Fat – 45g = 405 Calories

Total Calories – 1209 Calories NON-carbohydrate night

Total Calories – 1535 – Carbohydrate nights

Every 18th meal is the Carb meal. It is the last meal and it replaces Meal 6. The Carb Meal must be eaten in this order.

1. 1 cup Steamed Green Beans or 12 oz Asparagus = 10g carbohydrates
2. ½ cup Oatmeal (measured dry then add water and microwave) = 30g carbohydrates  
2 tbsp Raisins = 15g carbohydrates  
4-6 packets Splenda for sweetening  
12 Almonds used in Oatmeal = 10g fat
3. 4 oz Yam or Sweet Potato = 30g carbohydrates  
2 tsp Peanut Butter or Almond Butter = 5g fat  
4-6 packets Splenda for sweetening

85g Carbohydrates = 340 Kcals, 15g Fat = 135 Kcals

### Cut Diet 1500

DURING Workout Shake = 1.5 scoops Substance with 4-8 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water.

#### Meal 1

6 Egg Whites  
1 Whole Egg  
1 oz Grilled Chicken

96 Game Over

1.33 cup Steamed Spinach

6 Almonds

6.5 oz PEELED Ruby Red Grapefruit – Splenda packets can be used to sweeten if desired

*35g protein, 25g carbohydrates, 10g fat*

### Meal 2

1.5 scoops SUBSTANCE Protein Powder + 5g GlutaForm

4 tsp Peanut Butter or 12 Almonds or 2 oz Avocado

1 cup Steamed Broccoli or Green Beans or 8 oz Steamed Asparagus Beans

*32g protein, 10g carbohydrates, 10g fat*

### Meal 3

5 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna (Albacore packed/canned in water)

1 cup Steamed Broccoli or Green Beans or 8 oz Steamed Asparagus

4 tsp Peanut Butter or 12 Almonds or 2 oz Avocado

*35g protein, 10g carbohydrates, 10g fat*

### Meal 4

4 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna (Albacore packed/canned in water)

1 cup Steamed Broccoli or Green Beans or 8 oz Steamed Asparagus

4 tsp Peanut Butter or 12 Almonds or 2 oz Avocado

*28g protein, 10g carbohydrates, 10g fat*

### Meal 5

1.5 scoops SUBSTANCE Protein Powder + 5g GlutaForm  
12 Almonds  
½ cup Steamed Broccoli or Green Beans or 4 oz Steamed Asparagus  
*32g protein, 5g carbohydrates, 10g fat*

### Meal 6

4 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna  
(Albacore packed/canned in water)  
½ cup steamed Broccoli or Green Beans or 4 oz Steamed Asparagus  
1 oz Avocado  
*28g protein, 5g carbohydrates, 5g fat*

Protein – 190g = 760 Calories, Carbohydrates (not including Carbohydrate night) – 65g = 260 Calories, Fat – 55g = 495 Calories

Total Calories – 1515 Calories NON-carbohydrate night  
Total Calories – 1938 – Carbohydrate nights

Every 18th meal is the Carb meal. It is the last meal and it replaces Meal 6. The Carb Meal must be eaten in this order.

1. 1.5 cup Steamed Green Beans or 12 oz Asparagus = 15g carbohydrates
2. ½ cup Oatmeal (measured dry then add water and microwave) =

30g carbohydrates  
2 tbsp Raisins = 15g carbohydrates  
4-6 packets Splenda for sweetening  
12 Almonds used in Oatmeal = 10g fat

3. 6 oz Yam or Sweet Potato = 45g carbohydrates  
4 tsp Peanut Butter or Almond Butter = 10g fat  
4-6 packets Splenda for sweetening

105g Carbohydrates = 420 Kcals, 20g Fat = 180 Kcals

### Cut Diet 1800

DURING Workout Shake = 1.5 scoops Substance with 4-8 scoops Xtend  
(Bodyweight pending - 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

#### Meal 1

6 Egg Whites  
1 Whole Egg  
1 oz Grilled Chicken  
1.33 cup Steamed Spinach  
12 Almonds  
6.5 oz PEELED Ruby Red Grapefruit - Splenda packets can be used to sweeten if desired  
*35g protein, 25g carbohydrates, 15g fat*

### Meal 2

2 scoops SUBSTANCE Protein Powder + 5g GlutaForm

2 tbsp Peanut Butter or 18 Almonds

1 cup Steamed Broccoli or Green Beans or 8 oz steamed Asparagus

*42g protein, 10g carbohydrates, 15g fat*

### Meal 3

5 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna (Albacore packed/canned in water)

1 cup Steamed Broccoli or Green Beans or 8 oz steamed Asparagus

4 tsp Peanut Butter or 12 Almonds

*35g protein, 10g carbohydrates, 10g fat*

### Meal 4

5 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna (Albacore packed/canned in water)

1 cup Steamed Broccoli or Green Beans or 8 oz steamed Asparagus

4 tsp Peanut Butter or 12 Almonds

*35g protein, 10g carbohydrates, 10g fat*

### Meal 5

1.5 scoops SUBSTANCE Protein Powder + 5g GlutaForm

12 Almonds

6.5 oz PEELED Ruby Red Grapefruit – splenda packets can be used to sweeten if desired

1 cup Steamed Broccoli or Green Beans or 8 oz steamed Asparagus

*32g protein, 25g carbohydrates, 10g fat*

100 Game Over

## Meal 6

5 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin fillet or Tuna  
(Albacore packed/canned in water)

½ cup Steamed Broccoli or Green Beans or 4oz Asparagus

1 oz Avocado

*35g protein, 5g carbohydrates, 5g fat*

Protein – 214g = 856 Calories, Carbohydrates (not including Carbohydrate night) – 85g = 340 Calories, Fat – 65g = 585 Calories

Total Calories – 1781 Calories NON-carbohydrate night

Total Calories – 2236 – Carbohydrate nights

Every 18th meal is the Carb meal. It is the last meal and it replaces Meal 6. The Carb Meal must be eaten in this order.

1. 1.5 cup Steamed Green Beans or 12 oz Asparagus = 15g carbohydrates
2. ½ cup Oatmeal (measured dry then add water and microwave) = 30g carbohydrates  
2 tbsp Raisins = 15g carbohydrates  
4-6 packets Splenda for sweetening  
12 Almonds used in Oatmeal = 10g fat

3. 8 oz Yam or Sweet Potato = 60g carbohydrates  
2 tsp Peanut Butter or Almond Butter = 10g fat  
4-6 packets Splenda for sweetening

120g Carbohydrates = 480 Kcals, 20g Fat = 180 Kcals

### Cut Diet 2000

DURING Workout Shake = 1.5 scoops Substance with 6-10 scoops Xtend (Bodyweight pending - 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

#### Meal 1

6 Egg Whites  
1 Whole Egg  
2 oz Grilled Chicken Breast  
1.33 cup Steamed Spinach  
12 Almonds  
6.5 oz PEELED Ruby Red Grapefruit – Splenda packets can be used to sweeten if desired  
*42g protein, 25g carbohydrates, 15g fat*

#### Meal 2

2 scoops SUBSTANCE Protein Powder + 5g GlutaForm

102 Game Over

2 tbsp Peanut Butter or 18 Almonds  
1 cup Steamed Broccoli or Green Beans or 8 oz Steamed Asparagus  
*42g protein, 10g carbohydrates, 15g fat*

### Meal 3

6 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna  
(Albacore packed/canned in water)  
1 cup Steamed Broccoli or Green Beans or 8 oz Steamed Asparagus  
2 tbsp Peanut Butter or 18 Almonds  
*42g protein, 10g carbohydrates, 15g fat*

### Meal 4

6 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna  
(Albacore packed/canned in water)  
1 cup Steamed Broccoli or Green Beans or 8 oz Steamed Asparagus  
4 tsp Peanut Butter or 12 Almonds  
*42g protein, 10g carbohydrates, 10g fat*

### Meal 5

2 scoops SUBSTANCE Protein Powder + 5g GlutaForm  
12 Almonds  
6.5 oz PEELED Ruby Red Grapefruit – Splenda packets can be used to sweeten if desired  
1 cup Steamed Broccoli or Green Beans or 8 oz Steamed Asparagus  
*42g protein, 25g carbohydrates, 10g fat*

## Meal 6

5 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna  
(Albacore packed/canned in water)

½ cup Steamed Broccoli or Green Beans or 4oz Asparagus

1 oz Avocado

*35g protein, 5g carbohydrates, 5g fat*

Protein – 245g = 980 Calories, Carbohydrates (not including Carbohydrate night) – 85g = 340 Calories, Fat – 70g = 630 Calories

Total Calories – 1950 Calories NON-carbohydrate night

Total Calories – 2495 Calories – Carbohydrate nights

Every 18th meal is the Carb meal. It is the last meal and it replaces Meal 6. The Carb Meal must be eaten in this order.

1. 1.5 cups Steamed Green Beans or 12 oz Asparagus = 15g carbohydrates
2. ¾ cup Oatmeal (measured dry then add water and microwave) = 45g carbohydrates  
2 tbsp Raisins = 15g carbohydrates  
4-6 packets Splenda for sweetening  
18 Almonds used in Oatmeal = 15g fat
3. 6 oz Yam or Sweet Potato = 45g carbohydrates  
2 tbsp Peanut Butter or Almond Butter = 15g fat  
4-6 packets Splenda for sweetening

120g Carbohydrates = 480 Kcals, 30g Fat = 270 Kcals

104 Game Over

## Cut Diet 2500

DURING Workout Shake = 1.5 scoops Substance with 6-8 scoops Xtend in 20-24 oz cold water

### Meal 1

6 Egg Whites  
1 Whole Egg  
2 oz Grilled Chicken  
1.33 cup Steamed Spinach  
4 tsp Peanut Butter or 12 Almonds  
6.5 oz PEELED Ruby Red Grapefruit – Splenda packets can be used to sweeten if desired  
*42g protein, 25g carbohydrates, 15g fat*

### Meal 2

2 scoops SUBSTANCE Protein Powder + 5g GlutaForm  
2 tbsp Peanut Butter  
1 cup Steamed Broccoli or Green Beans or 8 oz Steamed Asparagus  
*42g protein, 10g carbohydrates, 15g fat*

### Meal 3

6 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna (Albacore packed/canned in water)  
1.5 cup Steamed Broccoli or Green Beans or 12 oz Steamed Asparagus  
2 tbsp Peanut Butter or 18 Almonds  
*42g protein, 15g carbohydrates, 15g fat*

#### Meal 4

6 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna  
(Albacore packed/canned in water)

1 cup Steamed Broccoli or Green Beans or 8 oz Steamed Asparagus

2 tbsp Peanut Butter or 18 Almonds

*42g protein, 10g carbohydrates, 15g fat*

#### Meal 5

2 scoops SUBSTANCE Protein Powder + 5g GlutaForm

18 Almonds

1 cup Steamed Broccoli or Green Beans or 8 oz Steamed Asparagus

*42g protein, 10g carbohydrates, 15g fat*

#### Meal 6

6 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna  
(Albacore packed/canned in water)

1 cup Steamed Broccoli or Green Beans or 8 oz Steamed Asparagus

3 oz Avocado or 18 Almonds

6.5 oz PEELED Ruby Red Grapefruit – Splenda packets can be used to sweeten if desired

*42g protein, 25g carbohydrates, 15g fat*

#### Meal 7

5 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna  
(Albacore packed/canned in water)

½ cup Steamed Broccoli or Green Beans or 4 oz Steamed Asparagus

2 oz Avocado or 12 Almonds  
*35g protein, 5g carbohydrates, 10g fat*

Protein – 287g = 1148 Calories, Carbohydrates (not including Carbohydrate night) – 100g = 400 Calories, Fat – 100g = 900 Calories

Total Calories – 2448 Calories NON-carbohydrate night  
Total Calories – 3068 Calories – Carbohydrate nights

Every 21st meal is the Carb meal. It is the last meal and it replaces Meal 7. The Carb Meal must be eaten in this order:

1. 1.5 cups Steamed Green Beans or 12 oz Asparagus = 15g carbohydrates
  2.  $\frac{3}{4}$  cup Oatmeal (measured dry then add water and microwave) = 45g carbohydrates  
2 tbsp Raisins = 15g carbohydrates  
 $\frac{3}{4}$  tbsp Honey = 15g carbohydrates  
4-6 packets Splenda for sweetening  
18 Almonds used in Oatmeal = 15g fat
  3. 8 oz Sweet Potato = 60g carbohydrates  
2 tbsp Peanut Butter or Almond Butter = 15g fat  
4-6 packets Splenda for sweetening
- 150g Carbohydrates = 600 Kcals, 30g Fat = 270 Kcals

## Cut Diet 3000

DURING Workout Shake = 1.5 scoops Substance with 6-10 scoops Xtend (Bodyweight pending - 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

### Meal 1

6 Egg Whites

1 Whole Egg

2 oz Grilled Chicken

1.33 cup Steamed Spinach

2 tbsp Peanut Butter or 18 Almonds or 3 oz Avocado

6.5 oz PEELED Ruby Red Grapefruit – splenda packets can be used to sweeten if desired

*42g protein, 25g carbohydrates, 20g fat*

### Meal 2

2 scoops SUBSTANCE Protein Powder + 5g Glutamine

24 Almonds

2 cup Steamed Broccoli or Green Beans or 16 oz Steamed Asparagus

*42g protein, 20g carbohydrates, 20g fat*

### Meal 3

6 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna (Albacore packed/canned in water)

1.5 cup Steamed Broccoli or Green Beans or 12 oz Steamed Asparagus

4 oz Avocado or 24 Almonds

*42g protein, 15g carbohydrates, 20g fat*

108 Game Over

#### Meal 4

6 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna (Albacore packed/canned in water)

1.5 cup Steamed Broccoli or Green Beans or 12 oz Steamed Asparagus

4 oz Avocado or 24 Almonds

*42g protein, 15g carbohydrates, 20g fat*

#### Meal 5

2 scoops SUBSTANCE Protein Powder + 5g Glutamine

24 Almonds

1.5 cup Steamed Broccoli or Green Beans or 12 oz Steamed Asparagus

*42g protein, 15g carbohydrates, 20g fat*

#### Meal 6

7 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna (Albacore packed/canned in water)

1 cup Steamed Broccoli or Green Beans or 8 oz Steamed Asparagus

2 oz Avocado + 6 Almonds or 3 oz Avocado or 18 Almonds

6.5 oz PEELED Ruby Red Grapefruit – splenda packets can be used to sweeten if desired

*49g protein, 25g carbohydrates, 15g fat*

#### Meal 7

7 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna (Albacore packed/canned in water)

1.5 cup Steamed Broccoli or Green Beans or 12 oz Steamed Asparagus

3 oz Avocado or 18 Almonds or 2 oz Avocado + 6 Almonds  
*49g protein, 15g carbohydrates, 15g fat*

Protein – 308g = 1232 Calories, Carbohydrates (not including Carbohydrate night) – 130g = 520 Calories, Fat – 130g = 1170 Calories

Total Calories – 2922 Calories NON-carbohydrate night  
Total Calories – 3521 Calories – Carbohydrate nights

Every 21st meal is the Carb meal. It is the last meal and it replaces Meal 7. The Carb Meal must be eaten in this order.

1. 1.5 cups Steamed Green Beans or 12 oz Asparagus = 15g carbohydrates

2. 1 cup Oatmeal (measured dry then add water and microwave) = 60g carbohydrates  
2 tbsp Raisins = 15g carbohydrates  
 $\frac{3}{4}$  tbsp Honey = 15g carbohydrates  
4-6 packets Splenda for sweetening  
18 Almonds used in Oatmeal = 15g fat

3. 10 oz Yam or Sweet Potato = 75g carbohydrates  
2 tbsp Peanut Butter or Almond Butter = 15g fat  
4-6 packets Splenda for sweetening

180g Carbohydrates = 720 Kcals, 30g Fat = 270 Kcals

110 Game Over

## Cut Diet 3500

DURING Workout Shake = 1.5 scoops Substance with 6-10 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

### Meal 1

6 Egg Whites  
2 Whole Eggs  
2 oz Grilled Chicken  
2-2/3 cup Steamed Spinach  
2 tbsp Peanut Butter or 18 Almonds or 3 oz Avocado  
6.5 oz PEELED Ruby Red Grapefruit – splenda packets can be used to sweeten if desired  
*49g protein, 30g carbohydrates, 25g fat*

### Meal 2

2.5 scoops SUBSTANCE Protein Powder + 10 g GlutaForm  
2 cup Steamed Broccoli or Green Beans or 16 oz Steamed Asparagus  
2 tbsp Peanut Butter + 12 Almonds or 30 Almonds or 2 oz Avocado + 18 Almonds  
*53g protein, 20g carbohydrates, 25g fat*

### Meal 3

7 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna  
(Albacore packed/canned in water)

2 cup Steamed Broccoli or Green Beans or 16 oz Steamed Asparagus  
2 tbsp Peanut Butter + 12 Almonds or 30 Almonds or 2 oz Avocado + 18  
Almonds  
49g protein, 20g carbohydrates, 25g fat

#### Meal 4

2.5 scoops SUBSTANCE Protein Powder + 10 g GlutaForm  
2 cup Steamed Broccoli or Green Beans or 16 oz Steamed Asparagus  
2 tbsp Peanut Butter + 12 Almonds or 30 Almonds or 2 oz Avocado + 18  
Almonds  
*53g protein, 20g carbohydrates, 25g fat*

#### Meal 5

7 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna  
(Albacore packed/canned in water)  
1.5 cup Steamed Broccoli or Green Beans or 12 oz Steamed Asparagus  
2 oz Avocado + 12 Almonds or 4 oz Avocado or 24 Almonds  
6.5 oz PEELED Ruby Red Grapefruit – splenda packets can be used to sweeten if desired  
*49g protein, 30g carbohydrates, 20g fat*

#### Meal 6

7 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna  
(Albacore packed/canned in water)

1.5 cup Steamed Broccoli or Green Beans or 12 oz Steamed Asparagus  
2 oz Avocado + 12 Almonds or 4 oz Avocado or 24 Almonds  
*49g protein, 15g carbohydrates, 20g fat*

### Meal 7

7 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna  
(Albacore packed/canned in water)  
1.5 cup Steamed Broccoli or Green Beans or 12 oz Steamed Asparagus  
4 oz Avocado or 24 Almonds  
*49g protein, 15g carbohydrates, 20g fat*

Protein – 351g = 1404 Calories, Carbohydrates (not including Carbohydrate night) – 150g = 600 Calories, Fat – 160g = 1440 Calories  
Total Calories – 3444 Calories NON-carbohydrate night  
Total Calories – 4118 Calories – Carbohydrate nights

Every 21st meal is the Carb meal. It is the last meal and it replaces Meal 7. The Carb Meal must be eaten in this order.

1. 1.5 cups Steamed Green Beans or 12 oz Asparagus = 15g carbohydrates
2. 1 cup Oatmeal (measured dry then add water and microwave) = 60g carbohydrates

- 4 tbsp Raisins = 30g carbohydrates
- 2 tbsp Honey = 15g carbohydrates
- 4-6 packets Splenda for sweetening
- 18 Almonds used in Oatmeal = 15g fat
- 3. 12 oz Sweet Potato = 90g carbohydrates
- 2 tbsp Peanut Butter or Almond Butter = 15g fat
- 4-6 packets Splenda for sweetening

210g Carbohydrates = 840 Kcals, 30g Fat = 270 Kcals

### Cut Diet 4000

DURING Workout Shake = 2 scoops Substance with 6-10 scoops Xtend (Bodyweight pending – 0.17g BCAAs/lb bodyweight) in 20-24 oz cold water

#### Meal 1

6 Egg Whites  
2 Whole Eggs  
2 oz Grilled Chicken  
2-2/3 cup Steamed Spinach  
2 tbsp Peanut Butter or 18 Almonds or 3 oz Avocado  
6.5 oz PEELED Ruby Red Grapefruit – splenda packets can be used to sweeten if desired  
*49g protein, 35g carbohydrates, 25g fat*

114 Game Over

### Meal 2

2.5 scoops SUBSTANCE Protein Powder + 10 g GlutaForm  
2 cup Steamed Broccoli or Green Beans or 16 oz Steamed Asparagus  
2 tbsp Peanut Butter + 12 Almonds or 30 Almonds or 2 oz Avocado + 18  
Almonds  
*53g protein, 20g carbohydrates, 25g fat*

### Meal 3

7 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna  
(Albacore packed/canned in water)  
2 cup Steamed Broccoli or Green Beans or 16 oz Steamed Asparagus  
2 tbsp Peanut Butter + 12 Almonds or 30 Almonds or 2 oz Avocado + 18  
Almonds  
*49g protein, 20g carbohydrates, 25g fat*

### Meal 4

2 scoops SUBSTANCE Protein Powder + 10 g GlutaForm  
2 cup Steamed Broccoli or Green Beans or 16 oz Steamed Asparagus  
2 tbsp Peanut Butter + 12 Almonds or 30 Almonds or 2 oz Avocado + 18  
Almonds  
*42g protein, 20g carbohydrates, 25g fat*

### Meal 5

6 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna  
(Albacore packed/canned in water)

2 cup Steamed Broccoli or Green Beans or 16 oz Steamed Asparagus  
2 tbsp Peanut Butter + 12 Almonds or 30 Almonds or 2 oz Avocado + 18  
Almonds  
6.5 oz PEELED Ruby Red Grapefruit – splenda packets can be used to sweeten if desired  
*42g protein, 35g carbohydrates, 25g fat*

### Meal 6

2.5 scoops SUBSTANCE Protein Powder + 10 g GlutaForm  
2 cup Steamed Broccoli or Green Beans or 16 oz Steamed Asparagus  
2 oz Avocado + 12 Almonds or 4 oz Avocado or 24 Almonds  
*53g protein, 20g carbohydrates, 20g fat*

### Meal 7

7 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna  
(Albacore packed/canned in water)  
1.5 cup Steamed Broccoli or Green Beans or 12 oz Steamed Asparagus  
2 oz Avocado + 12 Almonds or 4 oz Avocado or 24 Almonds  
*49g protein, 15g carbohydrates, 20g fat*

### Meal 8

7 oz Grilled Chicken Breast or Halibut/Tilapia or Sirloin Fillet or Tuna  
(Albacore packed/canned in water)  
1.5 cup Steamed Broccoli or Green Beans or 12 oz Steamed Asparagus  
2 oz Avocado + 12 Almonds or 4 oz Avocado or 24 Almonds

49g protein, 15g carbohydrates, 20g fat

Protein – 386g = 1544 Calories, Carbohydrates (not including Carbohydrate night) – 180g = 720 Calories, Fat – 185g = 1665 Calories

Total Calories – 3929 Calories NON-carbohydrate night

Total Calories – 4663 Calories – Carbohydrate nights

Every 24th meal is the Carb meal. It is the last meal and it replaces Meal 8. The Carb Meal must be eaten in this order.

1. 1.5 cups Steamed Green Beans or 12 oz Asparagus = 15g carbohydrates
2. 1 cup Oatmeal (measured dry then add water and microwave) = 60g carbohydrates  
4 tbsp Raisins = 30g carbohydrates  
2 tbsp Honey = 15g carbohydrates  
4-6 packets Splenda for sweetening  
18 Almonds used in Oatmeal = 15g fat
3. 14 oz Sweet Potato = 105g carbohydrates  
2 tbsp Peanut Butter or Almond Butter = 15g fat  
4-6 packets Splenda for sweetening

225g Carbohydrates = 900 Kcals, 30g Fat = 270 Kcals

## When to Use Certain Food Choices

At four weeks out, it is SHOWTIME! Here are the preferred food choices for these critical weeks:

- Halibut
- Tilapia
- Chicken
- Egg White
- Asparagus
- Spinach
- Green Beans
- Avocado
- Almonds
- Almond Butter
- Peanut Butter (sparingly)

# 7 Chapter

## Dialing it in for The Big Day:

### Chuck Rudolph Reveals His Secret Technique

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Whether it's for a bodybuilding contest, a photo shoot or just to look as good as you can for one particular day, this is the best way to showcase your lean mass and lack of bodyfat (considering you have been following the Cut Diet for the previous weeks leading to your target day, meant to get you looking your very best for that target day).

**You may be asking why we eat certain foods leading into the show. Well, here are the reasons:**

- Cheesecake is typically loaded with fat and sugar. At this point in the diet your body wants all the carbohydrates it can get. Since you are carb depleted and water depleted, this sugar/fat combo will begin to

fill up your muscles with glycogen as well as any lingering water... making you very tight and vascular.

- The red wine is alcohol, a natural diuretic and as a bonus, it tastes damn good with the fillet!
- There is no water intake around this meal or with the cheesecake to avoid any possible “spill-over”.

### What to Eat if You're Lactose Intolerant Instead of the Cheesecake

This is one of the reasons why we recommend our Substance WPI Whey Protein Isolate over Whey Protein concentrate....LACTOSE! Scivation President Marc Lobliner competed using cheesecake as his carb up “goody” and found himself in a gastrointestinal battle with reality. This is not the time you want to disrupt anything “down there”. Thus, we have scoured the internet and in his own hunt for a perfect chocolate, lactose-free cake, Marc found this recipe that not only had the fat, carbs and salt to fill him out, but didn't cause any negative side effects. If you can find a store-bought, lactose-free cake, go for it. But if you're like us and like to control the ingredients, this recipe just might be the thing you're after!

## LACTOSE-FREE CHOCOLATE CAKE WITH CRUMB TOPPING

1-1/2 cups all-purpose Flour  
1 cup Sugar  
1/4 cup Cocoa  
1 teaspoon Baking Soda  
1/2 teaspoon Salt  
1 cup water  
1/4 cup plus 2 tablespoons Vegetable Oil or Enova Oil  
1 tablespoon White Vinegar  
1 teaspoon Vanilla Extract  
CRUMB TOPPING (recipe follows)

Heat oven to 350°F. Grease and flour 9-inch square baking pan. In large bowl, stir together flour, sugar, cocoa, baking soda and salt. Add water, oil, vinegar and vanilla, beat with spoon or whisk just until batter is smooth and ingredients are well blended. Pour batter into prepared pan. Sprinkle CRUMB TOPPING over batter. Bake 35 minutes or until wooden pick inserted in center comes out clean. Cool completely in pan on wire rack.

CRUMB TOPPING: In small bowl, stir together 1/2 cup graham cracker crumbs, 1/4 cup chopped nuts and 2 tablespoons melted butter (salted or unsalted).

## **The Worst Two Words in Bodybuilding Contests, “Spill Over:”**

At this point in the diet and exercise plan, “spill-over” will not likely occur until 24-36 hours after this sugar, carb, and fat frenzy. What happens here is, because you have depleted your body of most of its water, now that you are loading up and eating these carbohydrate and fat laden foods, they go directly into your muscles and they bring in any left over water present, thus filling up the muscle for that “Full” look and “Drying Out” your skin. This helps provide the illusion of paper-thin skin and tight, full muscles.

### **Week out from Show**

#### **7th Day out CARB LOAD-**

This Carb Meal (the normal Carbohydrate Meal you have been doing the past 12-16 weeks) should be planned out so it occurs on the day one week prior to event. No water intake 60 minutes prior to the Carb Meal or after the Carb Meal. Get all of your water in 60 minutes before the Carb Meal. 60 minutes after the Carb Meal, you can drink four to six ounces of water.

#### **6th day out-**

Chest, shoulders, legs and triceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Dumbbell bench press, pushups (until failure – one set), dumbbell military press, side lateral raise, triceps press down, leg press and seated calf raises. Perform your regular cardio routine.

Salt Everything (10-12 shakes of a salt shaker every meal)

- 99mg potassium every four hours
- 2.5-3 gallons of water throughout the day
- Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

#### **5th day out-**

Back, legs and biceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Lat pull down, Low rows, dumbbell shrug, standing barbell or cable curl, lunges and standing calf raises. Perform your regular cardio routine.

Salt Everything (10-12 shakes of a salt shaker every meal)

- 99mg potassium every four hours
- 2.5 gallons of water throughout the day
- Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

#### **4th day out-**

Can do 6th day out routine which was Chest, shoulders, legs and triceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Dumbbell bench press, pushups (until failure – one set), dumbbell military press, side lateral raise, triceps press down, leg press and seated calf raises. Perform the following cardio routine:

Cardio 30-35 minutes + 10-15 minutes posing practice

Salt everything (10-12 shakes of a salt shaker every meal)

- 99mg potassium every three hours
- 2 gallons of water throughout the day
- 100mg Vitamin B6 – three times per day
- 1000mg Dandelion – three times per day
- 625 mg Uva Ursi – three times per day
- 100mg caffeine – three times per day

*All taken together three times per day*

Follow meal plan as normal with all fresh foods and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

CARB LOAD – NO WATER intake 60 minutes prior to the Carbohydrate Meal or after the Carbohydrate Meal.

### **3rd day out -**

Can do 5th day out weight routine without leg training which was: Back, legs and biceps workout – 8-10 reps with drop sets to total 25-30 reps, two sets each – Lat pull down, Low rows, dumbbell shrug and standing barbell or cable curl, lunges and standing calf raises. Perform the following cardio routine:

Light Cardio 30-35 minutes + 20 min posing practice

We are not training legs to avoid any water retention or swelling of the legs for the big day.

Salt everything UP to 6:00 PM (10-12 shakes of a salt shaker every meal up to 6 PM)

- 99mg potassium every two - three hours
- 1.5 gallons of water throughout the day
- 100mg Vitamin B6 – three times per day
- 1000mg Dandelion – three times per day
- 625 mg Uva Ursi – three times per day
- 100mg caffeine – three times per day

*All taken together three times per day*

Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

### **2nd day out-**

15 -20 min posing practice – NO Weights and 20-25 minutes of Cardio if Desired.

- 99mg potassium every two hours
- 1-1.5 gallons of water throughout the day
- 100mg Vitamin B6 – three times per day
- 1000mg Dandelion – three times per day

- 625 mg Uva Ursi – three times per day
  - 100mg caffeine – three times per day
- All taken together three times per day*

Follow meal plan as normal with all fresh foods and NO SALT and switch all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

### **Day before Show-**

15 – 20 minutes posing practice – NO Weights, No Cardio.  
NO SALT AT ALL

- All foods are plain, fresh (not frozen or processed) and dry, dull, bland
  - 99mg potassium every two hours
  - 0.5-0.75 gallons of water throughout the day
  - 100mg Vitamin B6 – three times per day
  - 1000mg Dandelion – three times per day
  - 625 mg Uva Ursi – three times per day
  - 100mg caffeine – three times per day
- All taken together three times per day*

### **Night Time Meal-**

Follow meal plan as normal with all fresh foods and NO SALT and switch

126 Game Over

all vegetable servings to asparagus or spinach and all fat servings to avocado or almond butter.

Please NOTE: This meal maybe started early and cut in half to be consumed over a 4-4.5 hr period. It maybe too much food at one time and the “nibbling” effect has indicated better results. The last meal (INSTEAD OF NORMAL CARB LOAD) is the following:

The last meal (INSTEAD OF NORMAL CARB LOAD) is the following:

- six to ten oz LEAN Fillet or Halibut - no salt, no seasoning, no marinade.
  - one to two cups steamed asparagus NO SALT
  - 12-15 oz baked potato or sweet potato NO SALT
  - one to two tbsps UNSALTED butter or almond butter
  - six to ten oz Red Wine (if applicable)
- 
- 1.5 Hrs AFTER this meal - One large slice DENSE cheesecake (If not lactose intolerant) or RICH chocolate cake that is sugary, fatty and salty (last bite 45-60 minutes before lying down to sleep). The size should NOT bloat you nor stuff you. This should be eaten slowly and enjoyed as well as leave you “wanting more” so you are not too full. BE SURE TO HAVE AN ADDITIONAL STEAK/CHICKEN/HALIBUT AND SLICE OF CHEESECAKE or CHOCOLATE CAKE for the morning.

## EARLY Breakfast Day of Show-

1-2 Whole Eggs

three to five oz Steak

1/2 - 3/4 cup Oatmeal or 4-6 oz. baked Sweet Potato

1/2 of the Cheese Cake or Chocolate Cake

2 tbsp Honey

- 99mg potassium every two hours
- 0.5 - 0.75 gallons of water throughout the day - Here is the tricky part. Your body needs water to FILL UP the muscles; however it's a fine line of when you add salt to foods as well as begin to gradually add water on competition day. The rule of thumb is if you feel great about how you look keep water minimal and away from food intake. If you feel flat then consume water three to five oz every 45-60 minutes and three to five salt shakes onto nibbled food or you can use Gatorade (with the electrolytes and sodium) four to six oz every 45-60 minutes. PLEASE NOTE: These are tips that may work for you or you may try different approaches as you learn your body. The key is PAYING ATTENTION TO DETAIL, especially the last week.
- 100mg Vitamin B6 – three times per day
- 1000mg Dandelion – three times per day
- 625 mg Uva Ursi – three times per day
- 100mg caffeine – three times per day  
*All taken together three times per day*

128 Game Over

Food to bring with Day of Show (nibbled on – YOU DO NOT WANT TO FEEL STUFFED OR BLOATED):

- Other half of the Cheese Cake/Chocolate Cake
- Gatorade – 4-6 oz can be consumed every 45-60 minutes if desired. Keep away from food intake. This is loaded with carbohydrates and electrolytes and can help fill you back up.
- Baked Sweet Potatoes
- Lean protein (boiled Chicken or more of the Steak/Halibut)
- Almond Butter
- Snickers candy bar – eat 30-45 minutes prior to getting on stage of both prejudging (morning show) and finals (night show)

### The Big Day—Enjoy It!

You've done it! The Cut Diet and training program has helped you get in SHOWTIME condition. Now get on stage and show those abs!

People all respond differently. If you need any advice or clarification on how to tweak the Cut Diet to your own needs, please visit <http://www.scivation.com> and go into the Cut Diet forums. Here, you can receive guidance and help from your peers as well as the authors of this book.

### What To Do AFTER The Show

After the show, the diet must change to a more balanced/life-

style approach to get you back to your maintenance calories or gradually get you to the caloric intake for your next goals without the DRASTIC BLOAT or severe weight gain. What we recommend is gradually adding 200 calories per day for a week on workout days and 100 calories per day for a week on non-workout days. Then each week add another 100 calories to workout days and 100 calories every other week on non-workout days until you reach your desired maintenance caloric intake. These calories can come from lean protein (one to three servings), healthy fats (one to two servings) and good carbohydrates (one to three servings). When adding in carbohydrates, start with breakfast first and gradually add carbs up to meal three, then meals four and on should be vegetables, protein and fat. When you reach your desired caloric intake for your next goal, your non-workout day calories should be 400-600 calories less than your workout day calories and your carbohydrates should be reduced as well on this day.

### **Chuck Rudolph MEd, RD**

Chuck Rudolph is a Registered Dietitian and holds a Masters degree in Nutrition Education with concentration in Biochemistry. Chuck is a Nutritional Research Investigator and Nutritional Product Developer for Scivation/PrimaForce - an elite nutritional research and supplement company. At Scivation/PrimaForce, Chuck is currently involved with the research and the development of innovative nutritional supplements directed at utilizing cutting edge nutrients for enhanced wellness and performance. Chuck is also the Director of Sports Nutrition at the

[130 Game Over](#)

Cutting Edge Athletics training facility in Southern California, Nutrition Consultant/Lifestyle Dietitian for OCFitnessBootCamp.com and the Co-founder of DietsByChuck.com.

Being a former college athlete, Chuck Rudolph's expertise is directed at enhancing sports performance through superior nutrition planning and sufficient supplementation. He has developed successful meal plans for various professional, college and high school athletes. Chuck has authored and co-authored various published scientific articles that are written for health care practitioners and consumers. Currently, his personal interests involve novelty formulations for sports fitness and recovery, weight management, cardiovascular and liver health and anti-oxidant protection.

Through his efforts, Chuck Rudolph MEd, RD has acquired an excellent reputation for his ability to assess and implement nutritional excellence. His years of practical and clinical experience have given him a unique ability in connecting together the disparity between nutrition science and its application for optimal physical wellness and performance.

### **Marc Lobliner**

Marc Lobliner is the President of Scivation, Inc. He is a Certified Personal Trainer with over eight years of experience in the Health and Fitness Industry—including over four years with Weider Publications.

Marc's education is in Marketing having attended college at California Lutheran University in Thousand Oaks, CA. as a Marketing

Communications major and also graduating Cum Laude with a BS in Marketing.

## **Sean Kane**

Sean Kane is a dedicated professional with an extensive educational and specialized background in developing advanced training programs for amateur and professional athletes (NFL, MBL, NHL, NBA, USTA). Sean is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association (NSCA); as well as a Performance Enhancement Specialist and Corrective Exercise Specialist through the National Academy of Sports Medicine (NASM); a United States Weightlifting Club Coach with Team Southern California (USAW); in addition to being a Titleist Performance Institute Certified Golf Fitness Instructor (TPI-CGFI).

Sean graduated from California University Pennsylvania with a Masters Degree in Athletic Performance and Injury Prevention. He completed his undergraduate work at California State University, Fullerton in Kinesiology with an emphasis in Exercise Physiology and Athletic Training. He has co-authored two books with Scivation/Prima Force Nutrition to increase strength gains and to increase muscle mass. In addition, Sean has been a guest lecturer with Chapman University and Fullerton College. Furthermore, he is heading up the performance rehabilitation programming for the LARS ligament replacement

procedure performed in Austria. Sean is committed to maximizing the athletic potential of all athletes through the most current research in the field of Exercise Science.

### **Derek Charlebois**

Derek “The Beast” Charlebois is an ACE certified personal trainer, competitive bodybuilder, and holds a Bachelor’s degree in Exercise Science from The University of Michigan. Derek is the Promotions Coordinator/R&D at Scivation/Primaforce and is involved in coordinating promotions, research and development, advertising, and marketing. Derek is an accomplished author with articles on such websites as Bodybuilding.com, Bulknutrition.com, the online magazines Strength And Science.com and MusclesAndCuts.com. Derek is available for online personal training. His website is [www.beastpersonaltraining.com](http://www.beastpersonaltraining.com).

# Game Over

## The Final Showtime Cut Diet You'll Ever Need! Volume 2

In an upscale training facility catering to collegiate and professional athletes located in Southern California, Chuck Rudolph, MEd, RD has spent the last thirteen years perfecting his diet and nutrition strategies. Chuck has helped many elite athletes, including professional bodybuilders, obtain their best physiques ever. In *Game Over*, Chuck takes you through all of the steps in the Cut Diet including diet, training and supplementation in a 16 week showtime program in collaboration with industry experts Marc Lobliner, President of Scivation, Inc.; Derek Charlebois; and elite trainer Sean Kane. If you're ready to take your physique to the next level for a show or even just to show some abs this summer, *Game Over* is the guide you need!

“Chuck Rudolph, MEd, RD provides a unique and non-traditional approach for attaining a leaner physique. This information won't be found in that dietetics manual collecting dust on your bookshelf! So read Chuck's *Game Over: The Final Showtime Cut Diet You'll Ever Need!* and see if it brings you one step closer to the physique you want.”

-Jose Antonio, Ph.D., CEO of the International Society of Sports Nutrition

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international society of sports nutrition™



